

Bringing Vegan into Vogue

VEGAN *life*

Twisted Drinks

Drinks that will delight and bewilder

Time for Tofu

Curd is the word

Leather Or Not

Should vegans wear second hand leather?

Top Endings

Veg you can regrow at home

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Top Tofu Preps

WIN

a £200 voucher to spend at Green Shoes

Maple Soy Glazed Tofu p.20

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WELCOME



I used to absolutely hate signs in shop windows stating “Back to school” which always appeared half way through my school summer holiday. A timely reminder for parents to buy new school uniforms perhaps, but, it signalled the end of lengthy bike rides in the country and long sunny days for those of us enjoying some carefree time with friends. For many readers now’s the time to return to college and university (and for our younger readers, sorry for the reminder) but September also signals the start of the season of bounty. Autumn is such a great season and

I for one love the abundance in the hedgerows and the thought of preserving lots of free goodness for the cold months that follow. There’s just a very comforting feeling about bringing your well-earned hoard of goodies home and preparing them, making jam, chutneys, pickles and even the odd cordial or two. In this issue we have dedicated some pages to this very pursuit and chosen a great clutch of recipes for you to try for yourself.

While still thinking about holidays from my childhood, I remember looking forward to a TV show called “Wish you were here” which explored far flung places around the world. Back then my main focus was on the beach and how sunny it was going to be. These days I’m far more interested in the culture and especially the food. Luckily we have Annika Lundkvist who has been checking out places of vegan interest for this issue and has written a fantastic piece on Portland, Oregon, in the USA, and its flourishing vegan scene. Not only does it have a temperate climate (with infrequent snowfall and freezing temperatures), it’s a place recommended to us many times before as a vegan paradise.

Yes, it may be time to put away the ice bucket and Pimms mixing jug, but you’ll no doubt be looking forward to something with more body and big bold flavours. If so then check out Oliver Coningham’s twisted drinks selection for some imaginatively curious beer, cider, wine and soft drinks which will give your taste buds plenty to think about.

On a very different note, you may be aware it’s hunting season (which started on the not so “glorious 12th” August). If you’re in any doubt that hunting with dogs is a barbaric, pointless and a completely anti-countryside pastime, then please read the excellent piece on page 88 (Fantastic Mr Fox) put together for us by The League Against Cruel Sports. We would also encourage you to tell your MPs how you feel about fox hunting so that our adored wildlife can enjoy as peaceful an autumn as the rest of us.

Hope you enjoy this issue of Vegan Life – and don’t get yourself pickled.

Keith Coomber
Editor



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THOUGHTS ALONG THE VEGAN WAY

“Veganism is not a ‘sacrifice’. It is a joy.”

~ Gary L. Francione

VEGANlife

MEET THE TEAM

Published by

Prime Impact Events & Media
Park House, The Business Centre,
Earls Colne Business Park, Earls Colne,
Colchester, Essex CO6 2NS

T: 01787 224040 | F: 01787 223535
info@veganlifemag.com | veganlifemag.com

Editor

Keith Coomber
keith@primeimpact.co.uk

Deputy Editor

Maria Chiorando
maria@veganlifemag.com

Designed by

Laura Slater
laura.slater@primeimpact.co.uk

Publisher

Julie Saunders
julie@primeimpact.co.uk

Advertising Sales

44 (0)1787 224040
advertising@veganlifemag.com

Subscriptions and Back Issues

Laura Bull 44 (0)1787 224040
laura.bull@primeimpact.co.uk

Promotions and Blogger Community

Jane Lambert 44 (0)1787 224040
promotions@primeimpact.co.uk

Marketing and Press

Hannah Irons 44 (0)1787 224040
hannah@primeimpact.co.uk

Licensing

Bruce Sawford 44 (0)1280 860185
Bruce@BruceSawfordLicensing.com

Accounts

Yolande Arnold 44 (0)1787 224040
accounts@primeimpact.co.uk

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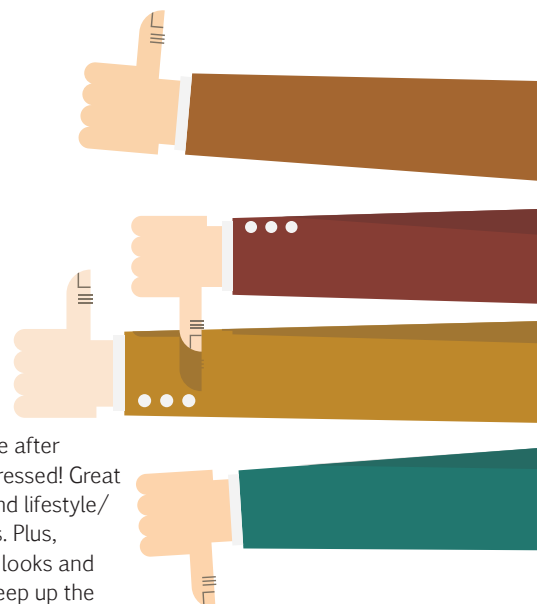
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YOUR FEEDBACK

We want to hear from you! Get in touch with us via facebook, twitter, instagram, email, or good old-fashioned letter – we love hearing your thoughts on the magazine and all things vegan.



Star Letter



THE BRAINS BEHIND... PHB ETHICAL BEAUTY



Just got our first issue after subscribing. Very impressed! Great balance of culinary and lifestyle/ animal rights features. Plus, quality-wise, the mag looks and feels great to read. Keep up the good work *Wayne Simmons*



Gr8 2 see @VeganLife_Mag on sale in @waitrose Bath ♥ It was on the stand next to Heat magazine & the daily tabloids! *@GoodStuffSharon*



Hi!

Bought my first issue of Vegan Life last week. Already it has improved my vegan life! I have used one of the recipes, and on reading about PHB beauty decided it was time to ditch the gunk in my bathroom and complete my vegan transformation. I ordered some hair and skincare products and saved £10 on my order!

I really love the magazine, and it has spurred me on to be vegan in every area of my life, and it has also made an impact on my daughter, who is determined at age 11 to go vegan too.

Thank you for such a colourful addition to my life, which will now be purchased every month!

Ann-Marie Gregory, by email



I just discovered your magazine and I just wanted to thank you!!! Finally a UK vegan magazine!!
@thegirlnamedfred



Great Magazine, always leaves me feeling a little more positive and hopeful about the future. *Sandy Koelsch*



I LOVE @VeganLife_Mag! So glad they came to @VegfestUK- my favourite discovery of the day! Such a beautiful publication #veganlife *@abigailkeyes*



Treated myself to the @veganlife_mag after finally finishing my art piece for tomorrow's grand exhibition opening! Can now enjoy some reading in the sun, less stressed, with a cup of green tea. *@soph_ells*



I first came across Vegan Life magazine in April while I was travelling by train from Birmingham to London Euston. Sitting opposite me in the carriage was a charming lady called Megan who happened to be reading a copy. "Excuse me" I said, "I hope you don't mind me asking, but can you tell me where you bought that magazine from?" Well let me tell you, that started an enlightening conversation! Although I wasn't vegan then, but have been vegetarian for over 11 years, I had been thinking about stopping dairy for some time, but just couldn't imagine life without cheese. I hate to admit it, but I hadn't considered the milk production process up until then. My conversation with Megan was a real eye opener and an inspiration and so too for that matter is Vegan Life magazine. I love the way you encourage and never criticise, it's not what I was expecting at all. I guess lots of people have a stereotypical image of veganism in their mind and I was no different, so what a delight it was to meet a "normal" down to earth person with great taste in reading matter. I have been a devoted reader ever since that day and I just had to write to you to say... keep up the great work, I'm a convert! Looking forward to the next issue.

Beth Morgan, Surrey

Star Letter

Next issue's Star Letter will win Kale-Os and Coconut Pecks worth £20 from Inspiral inspiral.co/shop



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Vegan Life Letters,
Park House, The Business
Centre, Earls Colne Business Park,
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VEGAN NEWS

Bite-sized updates on all things vegan from the worlds of entertainment, politics, sports, animal advocacy and more. Got news to share with us? Get in touch!

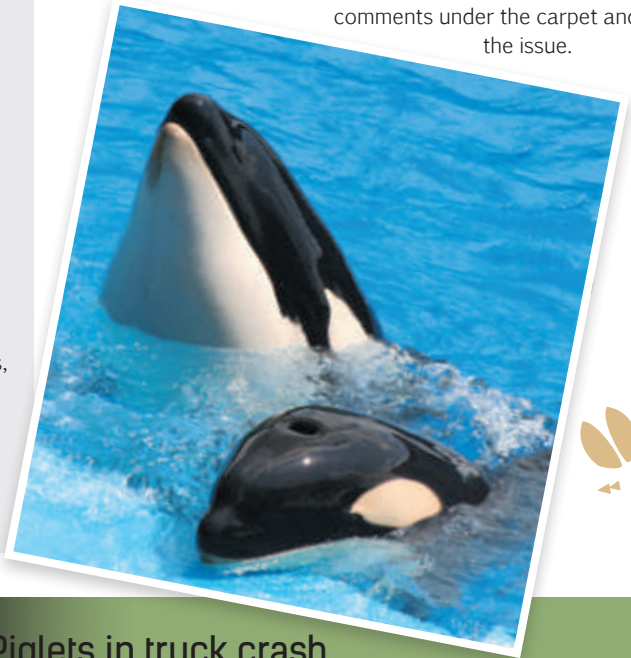


'Eating dogs is wrong, but it is no different to eating any other animal'

There's been much uproar about this year's Yulin dog meat festival in the Guangxi province in southern China. Hundreds of thousands of people from the UK, America, and other countries where dogs aren't thought of as food, took to social media to express their outrage. The Vegan Society was quick to point out the inherent hypocrisy of so many meat eaters taking issue with the eating of only a certain animal. CEO of the Vegan Society, Jasmine de Boo commented: "While The Vegan Society is glad to hear of the widespread revulsion to this dog-eating festival, please also consider the millions of farmed animals that are killed and subsequently eaten by so many people every year, often without a moment's thought. Dogs share the same feelings, emotions and individual personalities as cows, chickens, pigs or any other animal. It does not matter if we invite them to share our homes as companions, all animals are sentient beings with a right to life and freedom, entitled to the same respect and treatment regardless of species." We couldn't agree more.

SeaWorld silences critics on social media

PR has been something of a challenge for SeaWorld ever since the park's legendary orca whale Tilikum killed his trainer Dawn Brancheau back in February 2010. Following the release of the film 'Blackfish' – a captivating documentary about SeaWorld and the awful truth about its captive whales – the company began the struggle to rescue its reputation, and its social media activity noticeably changed. Soon after 'Blackfish' premiered, SeaWorld's facebook page became increasingly filled with criticism over whales being kept in such unnatural and damaging conditions. SeaWorld have closed their facebook wall on several occasions due to the overwhelming number of negative posts about captive orcas. While an increasingly informed public threatens the livelihood of attractions that profit from captive animals, SeaWorld seem to be doing their best to simply sweep the negative comments under the carpet and avoid the issue.



Piglets in truck crash

A lorry carrying over two thousand piglets crashed and overturned in Ohio, killing hundreds of little pigs but allowing many others to flee and escape into the nearby woods. Officials at the scene told press that the driver took a corner too fast and caused the vehicle to turn over onto its side. The driver was unharmed but a passenger was injured and an estimated four hundred piglets died in the accident. Groups of firefighters, park wardens, and police officers worked to try and retrieve the piglets that escaped, but getting them all back proved a near impossible task. The piglets were destined for the neighbouring state of Indiana where they were going to be raised and slaughtered for food. It's tragic that so many of them died in the crash, but it may have saved them from an only slightly longer, no doubt miserable life on a pig farm. As for the ones that escaped, we're not sure if they'll thrive or even survive in the woods they escaped into, but we're rooting for them and hope they enjoy at least a brief moment of freedom.



Vegan prisoner awarded \$20,000

George Hall, an eighty-year-old prisoner from Michigan, has been paid \$20,000 by the state to settle a lawsuit in which Hall said his rights were violated when the prison failed to provide him with vegan meals. George Hall, a convicted killer from Lansing, is a Messianic Jew who doesn't eat anything that comes from land animals or fish. In 2010 the prison questioned the religious meal requirement and denied him vegan meal options for two years, and he lost twenty-six pounds in weight as a result. A judge ruled in Hall's favour on a key claim before the jury were instructed to deliberate on the case, and the state settled for \$20,000.

RSPCA opens in Wakefield

The Royal Society for the Prevention of Cruelty to Animals (RSPCA) has opened a new centre in West Yorkshire.

The £1.5m facility in Wakefield will be able to house almost fifty cats and dogs, and a number of other smaller animals. The centre will be well placed to care for neglected and abused animals from all over West Yorkshire, the part of England that the charity found to have the highest number of animal cruelty cases last year, with ninety-three people having been convicted. The charity says it has taken a long time to find the right location for this much-needed facility, but now that it's open they'll be able to carry out vital work in caring for and rehoming as many animals as possible in the region.

Incredible dog comforts brave woman with Asperger's

A video and a gif of a woman with Asperger's syndrome being comforted by her dog have both gone viral on the likes of Imgur and various news sites. Danielle Jacobs posted the video online in the hope that it would help educate people about what it's like to live with Asperger's or an autism spectrum disorder. Jacobs has trained her loyal dog Samson to prevent her from self-harming, and she has shared the moving footage of Samson jumping up and using his paws to restrain her arms while she sobbed, repeatedly hitting herself on the head and chest. When Danielle Jacobs eventually sinks to the floor, Samson affectionately nuzzles and licks her in a heart-warming display of affection. You can view a gif of the footage at:

imgur.com/gallery/mZJMukd.



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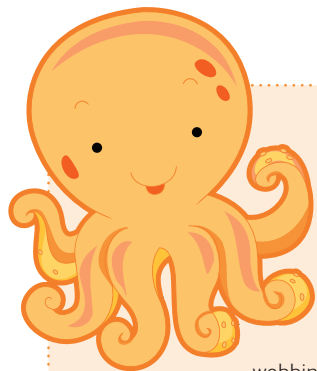


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OCTOPUS ADORABILIS

Described by The Huffington Post as a 'cross between a Pac-Man ghost and a Pokemon creature', a newly discovered type of octopus is proving so adorable that the word might form part of its name.

The little octopus has distinctive webbing between its tentacles which allows it to form a sort of parachute while it steers with its mantle. 'Opisthoteuthis Adorabilis' has been suggested by Stephanie Bush, a postdoctoral fellow at the Monterey Bay Aquarium Research Institute, who's got the job of describing the species, and can ultimately decide on the name. She told Science Friday: "As someone that's describing the species you get to pick what the specific name is. One of the thoughts I had was making it Opisthoteuthis Adorabilis – because they're really cute." Apparently scientists have been collecting specimens of this species of octopus since the early 90's, but only recently has it been scientifically described.



Ben & Jerry's to launch vegan ice cream

Famous ice cream brand Ben & Jerry's have revealed their intentions to roll out a dairy-free, all vegan version. The SFV frozen dessert will be made of either almond or coconut milk, or a mix of the two. Speaking to Huffington Post, Ben & Jerry's spokesperson Kelly Mohr commented: "Our Flavor Gurus are always in the lab looking at ways we can bring the fun and indulgence of Ben & Jerry's to new fans. A nondairy dessert is something we are working on, because everyone has the right to enjoy great dessert." Almost a year ago, Ben & Jerry's fans posted a petition on *Change.org* calling for a vegan version of the ice cream, and it's gathered over 27k signatures! At the moment the company have said they aim to release the new vegan ice cream by spring next year in the US, so those tens of thousands of eager vegans will have to wait just a little while longer.

Meat served against Morrissey's wishes

Ahead of his Madison Square Garden concert earlier this summer, Morrissey insisted that the venue take meat completely off the menu. While most punters were treated to a selection of vegan hot dogs and other plant-based fast foods, those in corporate seating were welcome to help themselves to all manner of meaty dishes – including tuna rolls, chicken fingers, and meatball sandwiches! Morrissey was completely unaware of this gaffe at the time, and even thanked the venue onstage for agreeing to go cruelty-free for the evening. Towards the end of the



set, Morrissey performed the Smiths song 'Meat Is Murder' while a graphic video of slaughterhouse footage played on a big screen behind him. When questioned about the failure to provide vegan food in every part of Madison Square Garden, spokespeople for the venue commented: "We changed the menu in the public areas for the show on Saturday night and didn't make the same changes in the private areas. This was an oversight and will be fixed the next time."

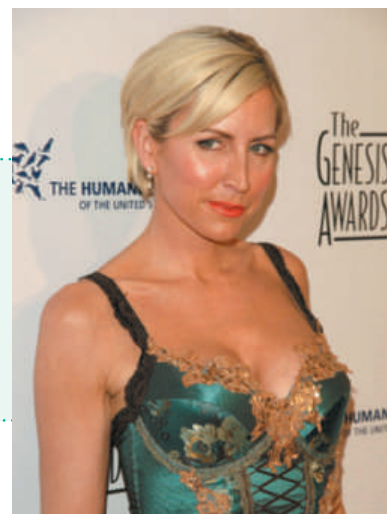
'Just Mayo' hits UK supermarkets

Hampton Creek's completely vegan 'Just Mayo' is reportedly coming to branches of Tesco in the UK this year. Hampton Creek was founded by Alabama's Josh Tetrick who launched the company after he learned about the often appalling conditions laying hens have to endure. Moved to create a cruelty-free alternative, he came up with a wondrous egg-free mayonnaise that uses canola oil, lemon juice, pea protein, and just a handful of other ingredients – all non-GMO. 'Just Mayo' involves no animal products or cruelty, and it was the best-selling brand of mayo in US Whole Foods stores last year. Not only is it suitable for vegans and proving extremely popular with US consumers, it will supposedly cost less than a jar of Hellman's mayonnaise too. We can't wait!



Heather Mills launches V-Bites deli in Chester

Through a partnership with UK healthfood chain Holland & Barrett, Heather Mills has set out plans to open VBites fast food style cafes in twenty-five stores over the next two years. Cheshire is home to the first Holland & Barrett to get a VBites café, and Heather Mills hosted the grand opening there in June. The maiden cafe looks very much like your typical fast food restaurant, and the menu features salad bowls, sandwiches, hot dogs, burgers and much more. This could be the start of a serious vegan café presence on the British high street.



Miley Cyrus goes vegan

Appearing naked on the cover of the summer 2015 issue of Paper Magazine, Miley Cyrus revealed that she eschews all animal products, claiming it's important to her to hold herself accountable as an animal activist. The front cover photo depicts a naked, grinning Miley cuddling a pretty happy looking pig, and in the interview with the New York magazine she says that the death of Floyd, her Alaskan Klee Kai, was a major factor in her move to a plant-based diet. She also spoke about her Happy Hippie Foundation, an organisation that aims to help homeless and LGBT youth – the latter being an issue especially close to her heart, explaining that she doesn't relate to being a boy or a girl and is open to loving anyone irrespective of how they identify in terms of gender.



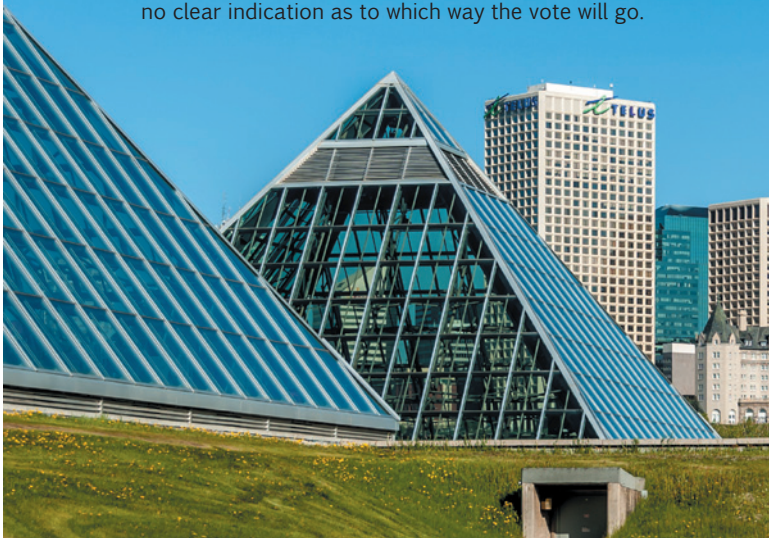
California governor says 'eat veggie burgers'

During a recent interview with the Los Angeles Times newspaper, the governor of California, Jerry Brown, shared a practical solution to the state's drought crisis. And that solution was simple: eat veggie burgers. Earlier this year Nathan Runkle, president of MFA (Mercy For Animals), urged the governor to use his position of influence to send a message that we need to shift to a plant-based diet. Writing in an op-ed for the San Diego Union-Tribune,

Runkle commented: "Our growing appetite for animal products is making the planet hot and thirsty, as Californians know all too well." California exports a hundred billion gallons of water every year as alfalfa to feed cows in Asia. In his interview with the LA Times, Jerry Brown stated: "If the alfalfa goes to China, is that better or worse than if the alfalfa feeds cows [in his state] and people have a hamburger tomorrow? If you ask me, I think we should be eating veggie burgers."

Youth councillors ask Edmonton council to go vegan

Councillors have received a formal motion from the Edmonton Youth Council to make all council catering and meals vegan or at least vegetarian, citing the environmental benefits of a meat-free diet. The motion doesn't ask the councillors to become vegan, it just requests that any council catering be plant-based because of the impact that meat has on greenhouse gas emissions, land use, and water use. Marina Banister, the Edmonton Youth Council's chair of the sustainability committee, said that eating meat has much larger environmental consequences than the majority of people realise. The Youth Council consists of sixteen people from Edmonton aged between thirteen and twenty-three, and it's up to them to raise issues they deem important with the 'adult' Edmonton Council. It's thought that the debate will divide the members, and there's no clear indication as to which way the vote will go.



Devon musician in PETA's sexiest vegan final four

Twenty-four-year-old Thomas McMahon from East Prawle Devon has made it to the final four of PETA's sexiest vegan. Having been vegetarian for nine years, Thomas went vegan six months ago. The winners (one female and one male) will each get to spend a night at the luxury boutique hotel La Suite West in London, which will include a vegan breakfast and a dinner prepared by vegan Head Chef Nik Heartland at its animal-free restaurant, RAW. "Everyone who entered this contest is already a winner because they're saving animals' lives and taking care of their own health" said PETA's Yvonne Taylor.



PupAid goes vegan

PupAid is an annual event that gives the dog-loving public a chance to raise awareness about the UK's cruel puppy farming trade. Organised by celebrity vet Marc Abraham, this year's PupAid will take place on the 5th September and the catering for human guests will be entirely vegan for the first time in the event's history! The day will see plenty of bands and dog-loving celebs taking part in all manner of fun activities in the name of raising awareness for this deserving cause. Asked about his reasons for taking Pup Aid vegan, Marc Abraham remarked: "Last year, I attended an animal welfare event where they served lamb at dinner, and it just didn't feel right. Since that moment, I have felt that veganism deserves a central place in the conversation. A few months later I attended my first ever 'VegFest' Brighton, and was overwhelmed by the community spirit as much as the delicious food – an experience that totally swung me." Check out our interview on page 70 for more information.

Anniversary of freedom for Raju the elephant

Raju the elephant was born over fifty years ago, but in July he celebrated his first year of freedom. Raju, an Asian elephant, was saved by Wildlife SOS in 2014, having spent his whole life in chains on the streets. When volunteers from Wildlife SOS rescued him and removed his chains, they saw him cry tears of what they can only assume were relief and joy. He was transported 350 miles to Wildlife SOS's Elephant Conservation and Care Centre to live out the rest of his days with other freed elephants just like him. A year on, Raju is thriving in his new home, and carers from the centre prepared him a cake made of his favourite food to mark the occasion, offering it to him as he gleefully splashed around in his pool. Wildlife SOS hope Raju's story will inspire people to do whatever they can in helping groups rescue more elephants who are in similarly sad and awful circumstances. To learn more, visit: wildlifesos.org.



Vegan parents may face child abuse charges over malnourished baby

Newspapers and websites have been reporting that two Italian parents may face charges of child abuse because their eleven-month-old baby was rushed to hospital with malnutrition. Doctors say the baby was severely malnourished and deficient in Vitamin B12. Papers like The Telegraph have been quick to point out exclusively animal sources of the vitamin, framing the story as an indication of the failings of veganism rather than of two particular people. Sadly, there are many cases of malnourished children, but it appears the specifically vegan ones are the most popular. Obviously people will jump at the chance to use a story like this to discredit a vegan diet, but the fact of the matter is that these parents simply did not take proper measures to adequately feed their child.

There are plenty of happy, healthy vegan babies that debunk the misconception that vegan diets are unhealthy for the young – but, of course, stories about successful vegan parenting are not deemed newsworthy.



League Against Cruel Sports says 'take action for Pamplona's bulls'

The week-long San Fermin bull running festival takes place every year in Pamplona, Spain, and the main part of the 'festivities' involves the running of bulls through the streets. The bulls are forced to participate in these runs, enduring unthinkable mental and physical torture before they're publicly slaughtered in front of jeering tourists in the bullfights that follow. Tourism is helping to keep these barbaric practices alive, and so the League Against Cruel Sports is asking everyone to add their support to a petition to tell Topdeck Travel to stop promoting the festival. The UK-based tourism agency has signed up to the ABTA Animal Welfare Guidelines, but shockingly continues to promote the San Fermin bull running festival. Please join The League in telling Topdeck that the torment and killing of animals for entertainment can never be acceptable: league.org.uk/our-campaigns/bullfighting.





Campylobacter is yet another reason to go vegan

There are many compelling reasons to go vegan – the environment, human hunger, animal rights – but the recent findings of a year-long study by the Food Standards Agency (FSA) gives us one more to consider. The FSA found that 73% of chicken purchased from UK retailers tested positive for the food poisoning bug Campylobacter. This figure is up almost 10% from the last study carried out in 2009. The bug is found in milk and red meat too, and it affects an estimated 280,000 people each year. The symptoms include stomach cramps, fevers, and diarrhoea – and while it's the UK's most common foodborne illness, it's also incredibly easy to avoid. "These diseases come from eating animal products, which we do not need to be healthy" said The Vegan Society's CEO Jasmin de Boo. "Time and again a study shows animal products to be rife with diseases that can be passed from farmed animals to humans, causing serious long-term health problems. If it's not Campylobacter then it's salmonella or E. coli."

Remove the dolphin trainer doll

Animal rights campaigners in Spain have called for the 'Nancy the dolphin carer' doll to be removed from shelves, claiming that it's a backward step for animal rights and welfare, and that the doll could actually promote animal cruelty. The controversial doll is manufactured by Spanish toymaker Famosa, and it supposedly

retails for the equivalent of just over twenty pounds. The toy comes complete with accessories, including a hoop that the dolphin is supposed to jump through. Animal rights advocates feel this is sending the wrong message to children about our relationship with animals, and normalising wild animals being kept in captivity to perform.



IKEA meatballs get Vegan Society approval

Earlier this year we told you about IKEA's plans to offer a non-meat meatball that would be suitable for vegans. Well now the veggie balls have been awarded vegan certification by The Vegan Society, meaning they've officially passed the cruelty-free test. Known as 'GRÖNSAKSBULLAR', the new meatless meatballs were rolled out across UK stores earlier this year as part of IKEA's mission to offer customers a wider variety of healthier and more sustainable food choices. Not only are they free of all animal products, IKEA's vegan meatballs are also soya, nut, and gluten free. IKEA UK and Ireland are now reportedly looking into offering an entirely vegan meal consisting of the veggie balls, rice, bulgur wheat, and a tomato sauce in their restaurants.



Vegan 'Come Dine With Me' contestant flees in tears

'Come Dine With Me', the reality show in which a group of strangers host dinner parties for one another in a bid to win a cash prize, is famed for its personality clashes. On a recent episode of the New Zealand version of the show, a vegan contestant was brought to tears when the other guests discussed the slaughtering of chickens. Ally DeLaine, a vegan bodybuilder, served her guests vegan burritos and tacos, but faced criticism for not serving any meat! DeLaine revealed to fellow contestants that she keeps chickens in her back garden as pets, and this prompted a conversation about the killing of animals for food which upset DeLaine to the point of tears. She left the table and went to the kitchen to compose herself after asking her guests not to discuss the topic of slaughtering chickens. Host of the show, Guy Williams, described it as the tensest episode ever.



British Pork and MRSA

Pork sold by several major British supermarkets has been found to be contaminated with MRSA, in particular a strain that is linked to the excessive use of powerful antibiotics. An investigation by the Guardian newspaper found that nine out of a hundred packets of gammon, bacon, and pork chops were infected with MRSA CC398. Experts say that this strain of the superbug has emerged as a result of the overuse of such strong antibiotics on farms. CC398 can be transmitted by touching infected meat or any contaminated animals or people. The strain of MRSA supposedly poses little threat to the public, with many people carrying the bacteria without symptoms, but there have been cases of skin complaints, and the bug is said to be capable of causing life-threatening infections such as blood poisoning and pneumonia. As if we needed another reason to be vegan!



VEGAN *diary*

Saturday 5th September

Viva! Incredible Vegan Roadshow, Portsmouth

Viva's vegan roadshow hits Portsmouth in September, and promises to offer a range of vegan foods from all over the world, nutritional advice, free recipes and fact sheets, talks and cookery demos, and a wide range of stalls selling cosmetics, bags, books, food, clothes, and more! Entry is free and the event takes place at the Portsmouth Guildhall. For more info on times, stalls, and directions please visit: viva.org.uk/Portsmouth

Sunday 6th September

Nottingham Green Festival

The Nottingham Green Festival will be taking place at Arboretum on Waverly Street, with over a hundred different stalls providing information and vegan goodies for all. There will also be kid's rides, workshops, natural therapies, live music and entertainment throughout the day. For more information please visit: veggies.org.uk/events/nottingham-green-festival/

Sunday 19th September

Hull Vegan Festival

Bute Island foods are sponsoring the event, and there'll be plenty of Sheese samples to try and recipe ideas to take home. Entry to the fest is just £1 (kids under five go free), and the first thirty visitors get a free vego bar! The venue for the festival will be The Mercure Royal Hotel. For directions and more information search 'Hull Vegan Festival' on facebook. Any general enquiries or bookings should be directed to: shenalou97@googlemail.com.

VEGFEST ^{UK} LONDON 2015 OCTOBER 10TH 11TH



Saturday 10th & Sunday 11th October

VegfestUK London

This year's London Vegfest promises to be better than ever, with over two hundred stalls and an expected 12,000+ visitors! In addition to an impressive selection of stalls and specialist caterers, there'll be a cinema, kids entertainment, cookery demos and talks from a range of experts, live music and comedy, celebrity guests, and much more!

Following two highly successful shows at Olympia West visited by a combined total of nearly 20,000 visitors, VegfestUK are moving this keynote vegan lifestyle show to Olympia Central Levels 1 and 3, on October 10th and 11th.

The organisers have made it clear that no animals are allowed on site, except assistance dogs, for health and safety reasons. Please do not bring your pets to this event.

Visitors who use mobility scooters, wheelchairs, pushchairs and prams are advised to come early at 11am on Saturday and at 10am on Sunday to allow better access to stalls.

The opening hours are 11am-7pm on Saturday, and 10am-5pm on Sunday. Admission is by both advance tickets and payment on the gate. Advance tickets are £10 and £6 for concessions. Tickets on the gate are £12 and £8 for concessions. Entry to the event is free for kids under 16. Advance tickets to the show are available now.

For further info please visit: london.vegfest.co.uk/the-show.



Uncle Ben's Savoury Chicken Rice

No chicken! Yep, this rice packs that savoury, salty, rich chicken flavour without any actual chicken – making this a completely cruelty-free and convenient bite to eat. A celebrated student staple and store cupboard back-up. It's also a really easy addition to a meal if you haven't got the time or inclination to whip up flavourful rice from scratch. For an instant food, the ingredients list is encouragingly short and free from E-numbers and those hard-to-pronounce chemicals that you'll often find in convenience meals.

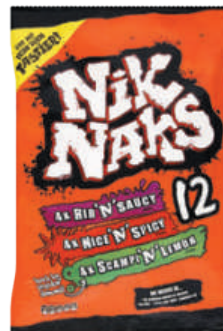


Dark Chocolate Digestives

Chances are you've felt the frustration of reaching gleefully for a 'dark chocolate' biscuit, only to double-check the packet for the ingredients and discover they've somehow managed to get milk into them. After a few disappointing episodes like this, many give up hope of ever finding a SFV chocolate digestive, and who could blame them? Thankfully Aldi have answered all our prayers – their own brand dark chocolate digestives are free from all animal ingredients, and they don't come with a hefty price tag. Most branches of Aldi can be something of a treasure trove for junk food vegans – we've found all sorts from chocolate soya milk to gnocchi.

Nik Naks

All three flavours of these gnarly corn snacks are suitable for vegans. Even the Scampi and Lemon flavour are free of all animal ingredients! They used to contain a fish-derived flavouring, but since they updated the recipe a little while ago they've been vegan friendly – along with Nice 'n' Spicy and Rib 'n' Saucy flavours. This accidentally vegan hat-trick means you can purchase a multipack, bringing the per-packet costs down considerably. We've even found a six-pack for just £1



in some places. When things are this cheap and this delicious it's all too easy to develop a worrying snack co-dependency, so please eat responsibly.

THE ACCIDENTAL VEGAN

A selection of great products that are vegan by chance rather than design

This page is all about top treat and snack food finds that just happen to be suitable for vegans. These products aren't advertised or clearly marked as vegan, but we scan and check the ingredients, and share our discoveries with you

Green's Carmelle

This easy-to-prepare packet mix means you add your own milk, and that makes it really easy to cut the dairy out of this dish to create a vegan version of this classic little dessert. The box includes a sachet of caramel and a sachet of powder that you add to your choice of heated plant milk. Follow the simple instructions and you'll be left with a light and velvety smooth dessert – and all with minimum fuss and faff. Try some different types of milk to find the perfect one for you, just keep in mind that it's probably best to use an unsweetened one as there's plenty of sugar in the 'Carmelle' already.



Duchy Originals Old Ruby Ale

This organic bottled beer is available in Waitrose, and its vegan status is entirely accidental since the overwhelming majority of Wychwood Brewery's beers – both bottle and cask – still use isinglass finings to clear the beer. However, this ale, and a couple of others in the organic bottled range, use a different and much more natural clearing process and are therefore suitable for vegans. Old Ruby is an English style pale ale with a sweet malty punch and a nice hoppy finish. It pours a lovely amber red colour (as you might expect from the name) and benefits from a little chilling before serving. It's a perfectly pleasant beer, and one that's easy to find in Waitrose if you're in need of a beer but not sure which ones are suitable for vegans.



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VEGAN PLANET

Vegan news from around the world

Canada: Politicians to ban captivity of dolphins and whales

Canadian liberal senator Wilfred Moore tabled a federal bill that would make it illegal to keep dolphins, whales, and porpoises (all regarded as cetaceans) in captivity. At a press conference in Ottawa the senator remarked: "For many Canadians, the practice of keeping whales and dolphins in captivity for entertainment is unacceptable. Treating cetaceans as the highly intelligent species that they are, and ensuring the freedom they enjoy in their natural habitat, is paramount for our own morality." The Ending of Captivity of Whales and Dolphins Act would ban the capture or other acquisition of cetaceans, as well as any breeding. Wilfred Moore called on fellow politicians to throw their support behind the bill, and many, including Green Party leader Elizabeth May, were quick to do so.



Brazil: Foie gras banned

São Paulo, Brazil's largest city and a notoriously foody one, has banned the production and sale of foie gras. The introduction of the law allows a grace period of forty-five days, after which time all restaurants will be required to remove the food from their menus. The production of foie gras involves unthinkable cruelty whereby ducks are force-fed with a tube in order to engorge the liver, a process which makes the liver grow up to ten times the normal size. The despicable 'delicacy' is banned in several countries including the UK, the Czech Republic, Turkey, Argentina, Germany, Denmark, Norway, Israel, Italy, and Luxembourg.



Sweden: Horse-riding club eats... horse meat!

A university riding club in Sweden received lots of criticism when organisers opted to book the club's annual summer dinner at a restaurant famous for serving horse meat. The Swedish are generally much more in favour of horse meat than Americans or Brits, but many people were shocked and dumbfounded that the horse lovers from the Linköping University in Southern Sweden would choose to dine out on horse. An online petition asking people to denounce the 'De Klomp' restaurant for slaughtering horses received over a thousand signatures.



Israel closes slaughterhouses

Recent changes to Israel's Prevention of Cruelty to Animals Law will help to further protect animals in that part of the Middle East. A number of amendments have been made, meaning that human guardians will need to take greater responsibility in ensuring the health of their companion animals. The amendments to the law also mean that animal abuse or negligence is now a criminal offence and those found guilty could serve time in prison. Furthermore, it is now possible for companies to be prosecuted for failing to properly care for any animals they are responsible for. An investigation into the nation's largest slaughterhouse found systematic mistreatment of animals, and the Ministry of Agriculture forced the slaughterhouse to close.



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Badger's Dairy and Egg Free

Badger's produce a range of vegan picnic food and sandwich fillers including Coleslaw, Potato Salad, and Egg Mayonnaise! We've tried all three and we can't rate them highly enough. The egg mayonnaise in particular is amazing – they use pasta and chickpeas to replace the egg, and the texture similarity is astonishing. Perfect for packed lunches and quick additions to main meals, check out Badger's website to try them for yourself now. badgersdairyfree.co.uk

Choc Shot Orange Spice

Choc Shot Orange Spice (orange and cardamom) is the latest version of the bestselling vegan Choc Shot range. It is 100% natural and perfect for making silky smooth hot chocolate and milkshakes and is dairy, GM and gluten free. It's delicious drizzled direct over porridge, fruit, yoghurt,

pancakes, ice cream, toast and more.

Choc Shot is sweetened only with Great Taste Award winning Sweet Freedom (100% fruit extracts) and has only 14 calories per teaspoon! Available in all major supermarkets on the hot chocolate shelf and health food stores nationally.

sweetfreedom.co.uk



Beyond Organic Skincare

The Beyond Organic Natural Range is lovely to use; smelling fresh, light and natural. Every product is vegan. Formulated for sensitive skin with no synthetic chemicals, and free-from perfumes and essential oils. Their E-Natural cream is a natural, rich, multi-functional emollient cream suitable for dry, stressed and sensitive skin, including babies and children, being recommended in the London Clinic to patients undergoing radiotherapy, as it is so pure and effective. Most Emollient creams contain mineral oils. Beyond Organic Skincare prefer to use vegetable oils as they feel these are kinder to the skin and the planet. beyondorganicskincare.com

WHAT'S NEW?

We love innovative ideas, clever twists on old faves and canny nutritional tweaks. Anything that makes vegan life more easy, more fun and more tasty! Here are our latest finds...



Violife Cream Cheese

This cream cheese spread from Violife is seriously addictive. It's a plain, and extremely dairy-cheese-like spread with a firm consistency. It's perfect on its own on fresh bread, and its simple flavour means it will pair up well with pretty much anything in a sandwich. Try it on a baguette with red grapes for a simple snack – the pairing of mild cream cheese and fruit works a treat. Violife have also recently introduced a hard parmesan style cheese that, when finely grated, is perfect for finishing pizza and pasta, and adding a strong cheese kick to a range of dishes. violife.gr

Equinox Kombucha

Leading the kombucha revolution, Flower of Life's Equinox Kombucha is a small artisan brewery with a big heart, based in Hebden Bridge, Yorkshire. A sustainable, well-being-boosting alternative to artificial soft drinks, Equinox Kombucha is made from antioxidant rich Chun-Mee green tea and the finest organic raw cane sugar, fermented with live bacteria and yeasts. They're pledging 50% of their profits to the Flower of Life Foundation, for humanitarian and conservation projects in the Amazon to protect the people and environment of the rainforest. Winner of Vegan Drink of the Year at London's Veg Fest in 2014! equinoxkombucha.com



MEXICAN FAVE

Please the crowds
with a casserole



Recipe and image from *The Oh She Glows Cookbook*
by Angela Liddon.
Published by Michael
Joseph and available from
Amazon RRP £16.99



Crowd-Pleasing Tex-Mex Casserole Serves 6

Tex-Mex spice blend

- 1 tbsp chilli powder
- 1½ tsp ground cumin
- 1 tsp smoked sweet paprika, or ½ tsp regular paprika
- ¼ tsp cayenne pepper, plus more as needed
- 1¾ tsp fine-grain sea salt
- ¼ tsp ground coriander (optional)

Casserole

- 1½ tsp extra-virgin olive oil
- 1 red onion, diced
- 3 cloves garlic, minced
- 1 orange bell pepper, diced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced
- Fine-grain sea salt and freshly ground black pepper
- 90g (½ cup) fresh or frozen corn
- 1 396g (14oz) can diced tomatoes, with their juices
- 250ml (1 cup) tomato sauce or tomato puree
- 120 to 200g (1 to 3 cups) chopped kale leaves or baby spinach
- 1 425g (15oz) can black beans, drained and rinsed
- 500g (1 cup) cooked brown rice
- 50g (½ cup) vegan shredded cheese, such as Daiya
- 1 to 2 handfuls corn tortilla chips, crushed

1. Cook the rice as per the packet instructions.
2. Make the Tex-Mex Spice Blend: In a small bowl, combine the chilli powder, cumin, paprika, cayenne, salt, and coriander (if using). Set aside.
3. Make the Casserole: Preheat the oven to 190°C (375°F). Oil a large 5 litre casserole dish.
4. In a large wok, heat the oil over a medium heat. Add the onion, garlic, bell peppers, and jalapeño and sauté for 7 to 8 minutes, until softened. Season with salt and black pepper.
5. Stir in the Tex-Mex Spice Blend, corn, diced tomatoes and their juices, tomato sauce, kale, beans, rice, and 25g of the vegan shredded cheese. Sauté for a few minutes and season with more salt and black pepper, if desired.
6. Pour the mixture into the prepared casserole dish and smooth out the top. Sprinkle the crushed chips over the casserole mixture along with the remaining cheese. Cover with a lid or foil and bake for 15 minutes.
7. Uncover the casserole dish and cook for 5 to 10 minutes more, until bubbly and lightly golden around the edges.
8. Scoop the casserole into bowls and add your desired toppings (such as sliced green onions, salsa, avocado or corn chips).

ON THE COVER...

Sweet and sticky skewers

Maple Soy Glazed Tofu *Serves 4*

- 2 tbsp maple syrup
- 2 tbsp soy sauce
- 2 tbsp sesame oil
- 2 tbsp lime juice
- 450g (16oz) firm tofu cut into cubes
- 1 tbsp sesame seeds
- Lime rind to serve

1. Combine the maple syrup, soy sauce, sesame oil and lime juice in a bowl.
2. Add the cubed tofu into the mixture and cover the bowl with cling film. Ensure that the tofu is fully coated in the mixture and leave to marinade for approximately 2 hours.
3. If you are serving the tofu pieces on skewers, ensure that the skewers have been pre-soaked and thread the tofu pieces onto them.
4. Place into a grill pan on a medium heat and turn regularly for 3-5 minutes. Baste with the remaining glaze mixture at regular intervals.
5. Sprinkle the skewers with sesame seeds and lime rind.



DIY CUP O' JOE BODY SCRUB

Sunny Subramanian shares her super simple do-it-yourself body scrub



Let's talk coffee! Coffee not only makes all mornings better (am I right?), it smells and tastes delicious, and it's naturally anti-inflammatory and rich in antioxidants – making it a perfect wake-up for your skin!

Coffee grounds made for a fantastic exfoliant, and the caffeine in coffee actually helps tighten and tone your skin and can even diminish the appearance of cellulite (cellulite, people!). The awesomeness of

coffee coupled with yummy-smelling and über moisturizing coconut oil is going to yield your new favourite wickedly awesome body scrub.

This scrub is super simple to whip up and the ingredients can be found in any kitchen.

What you'll need

- 1 cup coffee grounds (you can either grind fresh coffee beans or use ones leftover from making coffee)
- 1 cup vegan sugar*
- ½ cup coconut oil

Organic ingredients are recommended but not required.

*Bone char is used in the processing of many types of sugar including brown sugar and confectioner's sugar. Health food stores often have specially labelled vegan sugars, and beet sugar is usually a vegan-friendly option

How to make it

Melt your coconut oil over super low heat. In a bowl, combine all of your ingredients and mix them well by hand. Rub into your skin in a circular motion and rinse off with warm water. You can store your scrub in a jar and it'll keep for up to two months!

Sunny Subramanian runs the website VeganBeautyReview.com

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WHY VEGANISM NEEDS TO BE A POLITICAL ISSUE

Marisa Heath from the All-Party Parliamentary Group for Animal Welfare on veganism and politics

Nothing will benefit human health and increase chances of survival of life on Earth as much as the evolution to a vegetarian diet.” – Albert Einstein.

I run the All-Party Parliamentary Group for Animal Welfare (APGAW), one of the few Parliamentary Groups based in the House of Commons that can boast significant political membership and the very useful membership of outside bodies. This membership includes the obvious welfare organisations and charities but also business and industry with animal involvement such as supermarkets, pharmaceutical companies, research bodies and pet retailers. We aim to look at issues rationally and balance the argument so that we get the right and acceptable position with the fundamental aim of benefiting animal welfare.

I should probably set out at this point that I am a vegan, I have studied nutrition, and animal welfare/environmentalism is my number one

priority, although I have been a political advisor on many other issues for over twelve years.

APGAW discusses a range of subjects; hunting, snaring, dog breeding, wildlife crime and many others but the one subject which does not get enough airing in government is food sustainability, animal products, and the strong links between the environment and health. Yet this is the subject in which human welfare and animal welfare can come neatly together.

Accepting that animal produce consumption needs to be a political issue and measures need to be taken to reduce that consumption is a highly contentious subject. However, the only real losers are the meat and dairy industry, multi-million pound empires benefiting from the sale of often poor quality product fuelling a population who believe it is acceptable to eat meat at breakfast, lunch and dinner seven days

a week. Financial loss that would simply involve a change in businesses as people still need to eat, meaning monetary transactions whatever it is. Almond milk, quinoa, and soya lattes can all pay taxes and business rates as easily as mince, burgers and cow's milk lattes. It is time for environmentalists, animal welfare campaigners, and health campaigners to get a collective voice which is louder than the meat lobby. The economic argument should not be good enough to win this battle as it has done over the last few decades. I want to help drive this collective voice through my work in parliament and I need your help.

Maybe food choices and telling voters not to eat so much bacon isn't one of the high-profile issues the public expects politicians to be debating. It is not considered as important as terrorism, social benefits, the economy and house building. However, as environmental science has advanced, it has become apparent that the human appetite for meat and milk is a driving force behind nearly every element of environmental destruction threatening our future – deforestation, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilisation of communities, and the spread of disease. It is evident that farm animals take much more land than crops do to produce a given amount of food energy.

We have gained more understanding owing not just to the environmental sciences, but also the health sciences, with the known benefits to humans of eating less meat and moving towards a more grain and vegetable based diet including fewer calories, less fat, and providing a lower risk of heart disease among other things. Armed with this information you would expect meat consumption to fall. Actually per-capita meat consumption has more than doubled in the past half-century as population and prosperity have increased. Clearly the information is not getting through or people are choosing to ignore it – which means it needs to be strengthened. Government is the mechanism with which to do this.

Whilst it is a touchy subject to tell people what they can and cannot eat, it is not an issue politicians can responsibly avoid forever. In doing so they jeopardise our futures, and all the nuclear weapons, home ownership and pensions in the world will not protect us. Surely for those reasons it should be at the centre of political debate. Whilst I haven't touched much on the ethics of veganism, I think in terms of our evolution politicians should also be leaders, ensuring civilisation moves forward and as a species we keep order through compassion and respect for other species.

At the moment politicians receive huge postbags of subjects relating to foreign aid spending, budget cuts, housing, minimum pay and jobs. They need to start seeing more correspondence on the subject of food sustainability and our lobby needs to grow as a force. You have the right to contact your MP about any issue which concerns you so please do write, email, telephone, book in an appointment to see him or her about this issue. Make it clear that it is important and voters do want their politicians to take action.

Veganism is not a small trend, it is a movement – and the sooner it is recognised as a very serious and progressive movement the more chance we have of a future.

Get in touch via email:
admin@apgaw.org or visit apgaw.org.



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EAT AND DRINK-VEGAN STYLE

Wildebess Falmouth

Wildebess is Cornwall's only 100% vegan restaurant, offering a fresh and contemporary approach to vegan cuisine. Owners Rose and Josh started out in Brighton where they set up the Yumtum Sushi company in 2012. They were astounded by the response from both vegans and non-vegans, and were inspired to expand and open a restaurant. Their love of the sea and the shared desire for a more relaxed pace of life led them to Cornwall, and they opened Wildebess in Falmouth in 2013.

It's not obvious from the outside that Wildebess is a completely vegan eatery, and Rose and Josh explain to us that this is a conscious decision, they think shouting about that fact would actually put a few people off. For the most part the vegans already know what Wildebess is all about, and the owners are proud to have changed several meat-eaters' opinions of vegan cuisine once they've got them through the doors. Inside it's a relaxed space perfect for a quick coffee and a cake just as much as it is for a longer evening meal. And don't think that just because it's not obvious from the exterior that the people behind Wildebess aren't proud to be vegan – inside you'll find all sorts of literature about switching to and embracing a vegan diet. "As veganism is so important to us and to our business, we try to help promote veganism by providing a variety of vegan literature in the restaurant", they told us. "Veganism can still have a stigma attached to it, especially in the land of pasties and cream teas. So we've set out to break down common stereotypes and provide delicious food for vegans and non-vegans alike."

Rose and Josh travel a lot, taking culinary inspiration from all over the globe, and through their adventures they've created a varied menu that's always changing according to their latest experiments. "We have a small but ever-changing menu, and we are strongly influenced by culinary styles and flavours from all over the globe, particularly Japan and Mexico. So we've tried to create a menu that's diverse and exciting", Rose told us. "We like to experiment with different ingredients and flavour combinations, and also try to include elements that make use of interesting techniques, like spiralised vegetable noodles or dehydrated citrus powders. We enjoy introducing a lot of customers to ingredients and dishes they haven't heard of or tried before – things like lucuma, seitan, muhammara, babaghanoush, almond 'ricotta', and raw cheesecakes."

Wildebess use quality organic ingredients, and it's impressive just how much of their food they make from scratch – including their own bread and pasta – and the passion for cooking and creating dishes is obvious just looking at the food. The gorgeously presented beetroot carpaccio is a perfect example of the precisely assembled plates that come out of the kitchen, and this dish would win over the most sceptical and snobby omni diner. The raw pad thai is a mini mountain of colour, one of those 'rainbows on a plate' that people talk about, and it's almost too attractive to consider eating.

Having started it all with a sushi business in Brighton, it comes as no surprise that Rose and Josh also host special sushi nights at the restaurant that have proved seriously popular with the locals. You can expect bold combinations like butternut squash, tarragon, and dehydrated orange powder; or parsnip, roast garlic jelly, rocket and teriyaki.

At the sweet end of the spectrum, Wildebess boasts an impressive collection of desserts ranging from ice creams to Victoria sponges. But apparently it's the raw cheesecakes that are the biggest hit with their customers. They also have some incredibly tempting cupcakes, and rumour has it they'll even do large orders of these little winners for special events if you ask nicely.

If you're anywhere near Falmouth, we really recommend you pop into Wildebess for a bite to eat. You can expect to pay around £18 - £22 per head for a three course meal, and they offer a great drinks menu including beers, ciders, and lots of organic wines. For bookings or further info visit: wildebesscafe.com.

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TWISTED DRINKS

Drinks that will delight and bewilder. *Oliver Coningham*

This issue our selection features a diverse range of drinks that will challenge expectations and tantalise taste buds. Veganism often forces you to look beyond the traditional and tame. We quickly become familiar with new and unusual products which form part of our daily lives. Drinks are no exception and there are producers who are exploring the boundaries of flavour by experimenting with innovative techniques and unusual ingredients.

The craft beer movement has led to many breweries looking to create desirable and limited edition beers that often blur the distinctions between styles. From IPAs fermented with spicy and drying Belgian yeast to wheat beers brewed with American hops which impart a

tropical fruit flavour. Cues are also taken from traditional brewing methods with sour beers fermented using naturally occurring wild yeasts, and aged beers left to mature in wooden barrels previously used to store wine or whisky. These are beers that hark back to the past, but are inherently modern.

"Veganism often forces you to look beyond the traditional and tame."



Wild Goose Chase (4.5%) – Wild Beer Co
RRP £2.50 for 330ml (Wild Beer Co. online shop)

Wild Goose Chase is a new “everyday” wild beer from Wild Beer Co. It’s a dry-hopped farmhouse pale with gooseberries and their own wild yeasts. A mature barrel-aged beer that’s a bit tart, a bit hoppy and very drinkable. Wild Goose Chase pours a dark yellow with aromas of wheat and gooseberries giving a modest sharpness. The first taste is sweet on the lips opening up to tart gooseberries with soft citrusy notes. There’s a drying, woody finish with oak leading to a long, lingering taste of gooseberries. Brett Ellis, brewer at Wild Beer Co, describes this as a “great eye-opener and conversational beer” and it’s hard to disagree. This is a brewery pushing the limits of what a beer should be by removing the constraints of tradition and rules and for that they must be celebrated.

Wild Beer Co are an entirely vegan brewery with the exception of their milk stouts. They do not have any plans to use isinglass or gelatine, but are not adverse to its use so please check on future releases.



White Oak Wheat Beer (6.4%) – Innis & Gunn
RRP £1.99 for 330ml (Tesco)

Inspired by the aromas and flavours found in a cup of Earl Grey, Innis & Gunn have infused this wheat beer with dried bergamot and blood orange oil. The beer has their signature oak flavour created in their Oakerators®. Similar to an old-fashioned coffee pot, bourbon-infused oak chips are placed within it and beer is pumped through them. This is a complex beer with an initial aroma of Earl Grey tea and freshly squeezed orange juice. Oak and vanilla flavours come rushing forward on the tongue leading to a sweet orange and spicy finish. At first it seems like an orchestra without a conductor, but slowly the notes harmonise and result in an intriguing and very enjoyable beer.

No animal derived products are used in the production of Innis & Gunn beers.



Greenwich Black IPA (5.7%) – Meantime Brewing Company *RRP £2.40 for 500ml (M&S)*

Black IPA, also known as Cascadian Dark Ale, combines elements of a stout and an IPA. The elegant label that adorns Greenwich Black IPA hints at the British and American influences within. It contains a blend of seven dark malts and both English and American hops producing a sophisticated beer. There’s a nutty, sweet and fruity aroma with blackberries, strawberries and grapefruit. Coffee and pine also make a background appearance. The dark malts create a caramel and toast taste with the American hops providing light citrus notes of grapefruit. The opening oily mouthfeel changes to become quite grainy and leaves a bitter dark chocolate finish. Some may appreciate more hop presence, but the joy of this beer is in its subtlety. All Meantime Brewing Company beers are suitable for vegans except their Chocolate Porter which contains milk.



Isabel's Berry (3.8%) – Aspall
RRP £2.69 for 500ml (Waitrose)

Isabel's Berry Suffolk Cyder, made with redcurrant and raspberry juice, is a tribute to their Great Grandma Isabel who would often be found in the walled garden tending her berry plants and bushes. It pours a vibrant cherry red out of the distinctive shaped bottle based on a design used by Aspall in the early 20th century. An instant waft of dessert apples hits the nose with the unmistakable scent of redcurrants coming through. The taste is refreshingly dry and, unlike many other fruit ciders, has a balanced sweetness and acidity. The cider finishes on the same dryness, but with a lingering taste of luscious raspberries. The soft carbonation and low ABV make it very drinkable; perfect with fresh fruit salads, gooseberry crumble or summer pudding. Suitable for coeliacs, vegetarians and vegans.



Nettle Wine (11%) – Lyme Bay Winery
RRP £8.99 for 750ml (Various farm shops and garden centres)

Lyme Bay Winery have taken inspiration from traditional wines made with hedgerow fruits and flowers. Natural ingredients that are free from GMO's have been carefully selected to produce a dry, light and crisp wine. It's slightly sweeter than a dry table wine due to the nature of the fruits and flowers used. Old fashioned and distinctive with the seasonal nature of nettle giving an earthy and grassy quality. The flavour is kept fresh with slight undertones of refreshing melon and grapefruit. An ideal aperitif when served chilled or a great partner with a summer salad.

All Lyme Bay Winery fruit wines are suitable for vegans. Their Mead Wine, Honey Liqueur and Cream Liqueurs are not.



Totally Minted – Orchard Pig
RRP £1.29 for 250ml (Tesco)

Orchard Pig came along and shook up the cider market with expertly crafted ciders bursting with West Country cider apples. They also produce a range of soft drinks including their Twisted Pigs; sparkling fruit juices with an apple base and a twist designed to wake up the senses! Totally Minted pours a pale yellow and immediately you are faced with a tangy grapefruit aroma with earthy mint following behind. The taste is sweet at first with the grapefruit and lime mingling together. Mint is the dominating flavour throughout every sip with lime giving a sharp freshness. It revives the palate and leaves the mouth feeling fresh.

All Orchard Pig products are suitable for vegans and labels have been recently changed to declare this.

Follow Oliver Coningham on twitter: @oconingham



VEGAN LIFE MEETS JENNY TAMBLYN

Joanna Benecke meets the vegan B&B owner and Green Party candidate who went vegan in her 60s

There's a perception that people become Vegan in their youth, that the older we get the more conservative we become – and the less open we are to adopting new lifestyles. Enter Jenny Tamblin, a refreshing counterpoint to these theories. Having grown up a meat-lover in a family with strong ties to farming and the dairy industry – her childhood home in Southampton was owned by the

dairy company her father worked for – Jenny's love of animals finally won her over to a vegetarian diet at age 40. "I didn't know any vegetarians at the time, but as I learned more about inhumane farming practices, I couldn't bear to think of animals suffering just so I could eat them. I had a couple of failed attempts at giving up meat, then someone said I should make it as easy as possible, e.g. buy tinned pulses rather than dried, and that helped. Looking back, I don't know how it took me to the age of 40 before I realised the horrors of farming. There's no difference between eating a dog or a cow, it's just social conditioning that we love one and abuse the other".

Vegan at 62

Six years ago Jenny took the step to a fully Vegan lifestyle. "It had been a gradual journey, as I hadn't had cow's milk for ages, but I did love cheese and that was the hardest thing to give up. But I realised that dairy production is one of the most cruel practices in modern

"Going Vegan is the way forward for anyone concerned with animal welfare, personal health and protecting the environment."

farming: the separation of cow and calf, the breeding of cows to produce more and more milk – giving them huge udders and hence hip problems – not to mention all the hormones that are pumped into them.” Jenny is totally convinced that going Vegan (which she always capitalises, “I always put a capital V as I liken it to being called English, French or Asian”) is the way forward for anyone concerned with animal welfare, personal health and protecting the environment. “My lifestyle change was not popular amongst my family and friends, and it does make it hard to join in certain events – which in turn means you can be perceived as unsociable, or even unfriendly – but it’s not possible to unlearn what you know. There is no going back for me. I abhor all exploitation of animals to satisfy human greed for food, clothes, medicines, cosmetics and household products.”

Vegan B&B

When Jenny retired from her job as an occupational therapist, an inheritance from her mother led her to buy a house in the picturesque Oxfordshire village of Lower Heyford. “I hadn’t planned on upsizing, but that’s what happened. Suddenly I had three spare rooms.” Keen to spread the word about all things green, Jenny decided to open a B&B, offering one of the few all-Vegan accommodation choices in the UK. “I know how few resources there are for Vegans and wanted to provide guests with a good range of wholesome Vegan choices for breakfasts.” Staying at Heyford Vegan B&B is like visiting the house of a very welcoming, eco-conscious friend. A friend who makes you the most delicious Vegan breakfasts every morning! Using mainly organic ingredients, Jenny handcrafts a range of delicacies, from fluffy pancakes, to porridge, to sweetcorn fritters, to potato cakes made from spuds grown in her garden. Ironically, her love of all things green doesn’t always extend to food. “I’m not a natural Vegan,” Jenny confesses. “I always loved meat and cheese, and really never liked many vegetables. I grow my own veg now, and am gradually learning to eat more of it, but I’m very keen on meat substitutes and Vegan cheeses. If I can become a Vegan, that’s definitely proof that anyone can!”

“I know how few resources there are for Vegans and wanted to provide guests with a good range of wholesome Vegan choices for breakfasts.”

A very green house

Having installed solar thermal and photovoltaic panels to the roof of her home, Jenny can power the B&B in an eco-friendly way. “I switch off all appliances at night to save on electricity. I also reuse water where possible and encourage my guests to do so as well if they want. I had a secondary return system fitted to cut down on the need to run too much water before it becomes hot.” Everything used in the B&B is Vegan, from the toiletries to the cleaning products to the snacks and range of teas provided in the rooms. “It’s hard not to try and persuade people to go Vegan,” says Jenny. “There really is no good reason for causing animals and the environment so much suffering. But I try not to evangelise when I have non-Vegan guests, as that can put people off. Instead I leave a lot of leaflets in the welcome packs in the bedrooms and there are Vegan magazines lying around the house. I get great pleasure from the reaction of visiting Vegans and hope that a good breakfast, information on ‘Why Vegan’ and answering any



questions will at least get the non-Vegans thinking about their diet and lifestyle. I can only hope!”

Green politics

Another way in which Jenny is advocating for animals and the environment is by running as the Green Party candidate for a seat in her local council, representing The Astons and Heyfords. “I feel we have a duty towards future generations to leave a legacy of greater sustainability and safety, so I’m trying to do what I can by talking to people and giving them a Green choice. Being eco-conscious can go hand-in-hand with development; for instance, if we really went in for clean energy production, that would create many new jobs.”

Healthy lifestyle

Unfortunately, Jenny has recently been experiencing some health problems, including a broken leg. “Friends and family immediately worried that my lifestyle might be making me ill, but the doctors ran tests and said my Veganism isn’t a problem. In fact, long before I gave up dairy I had some bone density issues and started taking calcium supplements. Now, having not eaten dairy for more than six years, tests show that my bones are fine – which disproves the myth that you need dairy to maintain healthy bones! A well-maintained Vegan diet, along with a few supplements, provides me with everything I need.”

Jenny’s tips for going Vegan

- Think about what you’re eating. In order to wean myself off meat, I made myself imagine the life that poor animal had led: how it was transported to the abattoir, how it was killed, and the stress and fear it will have felt.
- Don’t rush your research. Overloading on the horrors of meat, fish, dairy and egg production, the cruelty in the fur and leather trade, not to mention foie gras, can be overwhelming and too depressing to absorb all at once. Take things one step at a time.
- Stick to your guns. Don’t concede to others who don’t understand your choices.
- Try not to evangelise. It’s more likely to put people off than convert them. Instead, cook them tasty Vegan meals and be on hand to answer questions.

Joanna Benecke is a vegan writer and author, writing on everything from film to fitness for a variety of outlets. @joannabenecke



BRAINS BEHIND: DEE'S WHOLEFOODS

Dee Collins creator of award-winning vegan sausages

I started my business on a farmer's market stall in the West Cork towns of Skibbereen and Kinsale, and now we are a small team based in Cork City in the South West of Ireland. Although it's a city, we are only a fifteen minute drive to the beach! It's a fantastic location. Our company is growing fast and each day brings a new challenge. As the MD my position is varied. I oversee different departments such as finance, marketing, sales, and production, but my favourite part is chatting to friends of Dee's on social media. I love seeing how inventive our fans are when they are cooking our food at home. Not everyone has time to cook healthy food from scratch every day. Our food helps people to make healthier choices as it is easy to prepare. Our sausages have been described as a "game-changer" for vegans, and as I spent two years of my life developing our sausage range this makes me very happy!

I have a BSc in Food Science and Nutrition, I learned all about the food industry in University and also all about artificial additives, colours, preservatives and the level of processing that goes on to make the "food" that sits on our supermarket shelves. This processing strips

food of nutrients, which is why you often see nutrients added back in after processing i.e. "fortified with..." After college I worked in a large food company, and that was a real eye-opener. I wanted to make food that was truly healthy, made from simple ingredients and minimally processed, without any of the "anti-nutrients" like high levels of salt, saturated fat or added sugars. I set myself a challenge to re-create the ultimate convenience food – a burger – and make it super-healthy by using simple organic ingredients like wholegrains, seeds and vegetables.

Just because food is vegan, does not automatically make it healthier or better for you. Lots of vegan "meat-free" products are chock full of artificial additives and chemical binders like methylcellulose (made from wood pulp). A lot of people who are vegan for health reasons do not want to eat additive-laden food.

Everything starts with the ingredients. People would be surprised at the amount of additives that are contained in foods – even simple ingredients like coconut milk can have an amount of gums and

preservatives. We use coconut milk that has two ingredients; coconut extract and water. If you pick up a tin of coconut milk in your local store you will see what I mean. Another ingredient is sulphites, which are used as a preservative. We avoid this ingredient by choosing organic un-sulphured apricots and raisins to use in our Moroccan Veg Pot. The process then is as simple as you would do at home; grains are boiled, veg and seeds are cooked and mixed together. The only technical piece is stuffing the sausages into the sausage casing (which is vegan and made from rice flour and seaweed).

We also don't use any soy, palm-oil or GMO ingredients because of the damage these ingredients do to the environment. Sustainable sourcing is important to us, we like to use orphan crops like millets and hope that these ancient grains will become more popular, and in their native countries that people can generate an income from them. Research funds are invested in developing the big four crops such as rice, corn, wheat and soy. We want to help support the cultivation and promotion of other native grains.

"There is more to being a vegan than simply eating vegan food and I, like many others, am on a journey to eliminate where possible any products that do harm."

I eat vegan food for health, environmental and sustainable reasons. There is more to being a vegan than simply eating vegan food and I, like many others, am on a journey to eliminate where possible any products that do harm. I want to put vegan food into the mainstream, I want meat-eaters to realise that vegan food is tasty and that they don't have to have meat every meal of every day. I grew up in the countryside in Ireland and many people's diets consist of pork or bacon for breakfast, ham sandwiches for lunch, and bacon or pork again for dinner. Seriously, that is a meat-overload! If we can encourage more people to think about what is on their plates then the benefits for our bodies and the planet are unparalleled.

I think it's crazy that we choose to feed our protein to animals first; it's such a waste of the earth's resources. We could actually feed the world if we turned the agriculture system on its head! I'm trying to get the message out that you don't have to be vegan to eat vegan food. If food is tasty then more meat-eaters will choose vegan food as a meal option, demand for crops for human consumption will increase, farmers will stop growing crops to feed animals and choose to grow crops for human consumption and animals won't be bred for food! It's maybe too simplistic a view but simple does make sense sometimes!

Check out all of Dee's range at: DeesWholefoods.co.uk



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MEET THE CHEF

Viktor Ingemarsson

I have not always been vegan but was instead a vegetarian for many years. After a long journey through India I decided to solely eat vegan food. It was there that I developed a more meditative understanding of life through daily meditation practices and yoga. It was here that I truly felt how amazing it is to survive on only what grows from the earth. After this adventure I received my calling, if that is what one could call it, and knew deep down that my purpose on earth is to use the greens and inspire people to eat more vegetables! It feels magical each day to know what it is I am meant to do in life. It is what I love and what I have learned to be loved for. It is my food and my passion.

After finishing school I started working as a cold buffet manager, my specialty being salads, and I created all kinds of exciting fresh plant-based dishes. It seemed that wherever I worked I was drawn to the greens, to developing the vegetables to the best of my ability. I have worked in many European regions and have, for eight or nine years, actively crossed many national borders. I state this in order to explain that the tastes I create are not only traditionally Swedish, they are from all over. I am always searching for new combinations to surprise my various guests' taste buds with.

For the last five years I have worked at the Sankt Jörgen Park hotel and spa, the spa being one of Sweden's most famous. It was here that I had my breakthrough with the restaurant Jo's Bar, which in 2013 received an award for the best spa kitchen in Sweden. After receiving this prize I started the my [@Rawchefviktor](#) page on Instagram, and am still today both pleased and surprised with the success it has become. I have tens of thousands of followers each day and it feels almost unreal to know that so many people enjoy my recipes and the creations I make.

"I just went deep down the creative hole and in the madness of manic passion I made something totally new and healthy – my raw food buffet was born."

I got totally free hands to create something healthy at the spa, and four years ago I looked to the market and saw what the health scene looked like. I wondered 'could I combine my passion for raw food with this new restaurant opportunity?' Well, I took the chance and I worked seven days a week for eight months before I took my first day off! I just went deep down the creative hole and in the madness of manic passion I made something totally new and healthy – my raw food buffet was born.

I really think the vegan food is something that's just gonna take over the world. More and more chefs are going down that track – and what the chefs cook, the others will follow. It's a wave of vegan trend all over Europe and everyone is more interested in health and what's good for them. And vegan food is one of the best ways to start a healthier life so I think we are at the beginning of a commercial vegan world movement.

Check out Viktor's signature dish on the next page.

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VIKTOR INGEMARSSON'S SIGNATURE DISH

Savoury Loaf Cream Supreme



Savoury Loaf Cream Supreme

Serves 4 – 6

This wonderful savoury dinner loaf is a great addition to most buffet tables, a beautiful dish to give away or bring to a potluck dinner party. Personally, I just love inspiring people to eat more fruit and vegetables - and this recipe has been a big favourite among even the biggest sceptics. You need a food processor and a blender for this recipe. It's easier if you prepare each part separately and then put them all together to create a masterpiece.

Base

- 3 carrots (approx. 300g)
- 1 yellow carrot (approx. 100g)
- ½ broccoli (approx. 100g)

Filling

- 2 broccoli stalks (peeled, approx. 200 g)
- 50g sundried tomatoes (soaked for 3-6 hours, approx. 5 tomatoes)
- 50ml (¼ cup) brine you soaked the tomatoes in
- 1 sharon fruit
- 1 tsp salt
- 2 tbsp tamari soya
- 1 shallot

Cashew cream

- 100ml (½ cup) cashew nuts
- 100ml (½ cup) water

Topping cream

- 400ml (1¾ cups) water
- 300ml (2½ cup)s cashew nuts
- 1 tbsp barley grass
- 1 ½ tsp salt

Topping

- 100ml (½ cup) cold-pressed sunflower oil
- 100ml (½ cup) sultanas
- 50ml (¼ cup) goji berries
- 50ml (¼ cup) raisins
- 150ml (¾ cup) apple cider vinegar
- 1 banana shallot

Garnish

- ¼ Romanesco broccoli
- A bunch of pea sprouts
- 2 tbsp black sesame seeds
- 2 purple carrots

1. Start by chopping the shallots into narrow arches. Then add these to a bowl containing sunflower seeds, raisins, goji berries and apple cider vinegar. Place a lid (or cling film) over the bowl and leave to stand for approximately 2 hours. Stir regularly to allow the berries to absorb the vinegar.
2. Topping cream - use a blender for this part. Add all of the ingredients and blend into a nice, smooth cream.
3. Cashew cream - blend equal parts of cashew nuts and water in a blender. Place to one side, for adding to the filling later.



4. Filling - blend the soaked sundried tomatoes, broccoli stalks, sharon fruit, salt, tamari soya, chopped shallots and water in a food processor. Once these ingredients start to merge, add the cashew cream. The filling isn't supposed to be a completely smooth cream, it tastes better if it retains some consistency; more like a compote.
5. Base - the base is the easiest part. All you have to do here is blend the carrots and broccoli into a grainy couscous-like consistency.
6. Creating your masterpiece - once all of the individual parts are ready, it's time to put your loaf together, one layer at a time. There are a number of ways to construct this dish. I prefer to cast it, layer by layer. Grease a suitable dish, e.g. a bread pan, with a little oil and cover with cling film. This is so we can then flip the entire loaf, while still retaining its shape.
7. Pour the filling mixture evenly into the pan. Then do the same with the next layer, which will form the base. Dribble 2 tbsp of rapeseed oil over the mixture and then gently press down using a fish slice. Cover with cling film and place a weighted similar dish on top, then refrigerate overnight. Pressing the contents into the dish makes the loaf more compact.
8. Remove the cling film the following day and find a suitable serving dish. Place the serving dish over your bread pan and carefully flip the loaf onto the new dish. Remove all remaining cling film. We now have a beautiful raw loaf, which we can coat with cashew cream. Carefully cover your loaf, leaving sections of the base visible as this adds colour and depth to the dish.
9. Drain the berries and raisins, but save the vinaigrette, as it is an ideal condiment. Garnish with berries, Romanesco and pea sprouts. Another nice idea is to use another element of the brassica family, for example leaves or roots, to create interesting shapes and decoration. If you're feeling a bit creative you can let your imagination run wild. Try creating miniature pathways out of sesame seeds on top of the loaf, as the beginnings of a fairy tale landscape. Then use a potato peeler to create purple carrot shavings and make cylinders out of these colourful, ultra-thin slices. You could even use tiny mushrooms. Use your imagination! Don't let anything stop you or your creativity with your own little Alice in Wonderland-like landscape.

WALKER RIDES OUT

Mick Walker's vegan diet enabled him to take on gruelling cycle challenges



For much of my life, I have been 'vegetarian'. I cut meat out of my diet a long time ago, followed by fish. Several years ago I stopped using milk in drinks and on cereal, but continued to eat cheese, eggs and baked products containing milk, eggs or butter. My diet is now 100% plant based – my only regret is that I did not adopt such a diet much earlier in my life!

Last year my son and I decided that we would like to try and cycle in the Fred Whitton Challenge – a gruelling 112 mile bike ride around the Lake District, climbing all the major road passes and widely regarded as the toughest one day cycle challenge in the UK.

Leaner, stronger and fitter!

When preparing for this, I increased the number of miles cycled – till I was managing around 250 miles per week. I could feel myself getting fitter, but also felt that I should have been able to lose a bit more weight. I decided to remove the cheese from my diet. Around the same time, I read *Eat and Run* by the ultra-marathon runner, Scott Jurek, followed by *The China Study* by T. Colin Campbell and Thomas Campbell. Both of these books convinced me that I needed to remove all animal products from my diet.

"I started to lose the weight that I had been struggling to shed before – and over a period of time I have felt myself continue to get leaner, stronger and fitter!"

Almost immediately I began to notice the benefits – I started to lose the weight that I had been struggling to shed before – and over a period of time I have felt myself continue to get leaner, stronger and fitter!

Veganuary's Vegan People

Earlier this year, I was included amongst a number of 'Vegan People' on the website veganuary.com. I found myself alongside Scott Jurek, who included the following quote from his book in the information about himself:

"The better I ate, the better I felt. The better I felt, the more I ate. Since going vegan I had lost a layer of fat – the layer that came with eating the cookies and cakes and Twinkies and cheese pizza that so many omnivores and even vegetarians gulp down. I learned that I could eat more, enjoy it more, and still get leaner than I had ever been in my life. When I went vegan I started eating more whole grains and legumes, fruit and vegetables. My cheekbones seemed more pronounced; my face more chiselled. Muscles I didn't even know I had popped out. I was eating more, losing weight, and gaining muscle – all on a vegan diet." Also featured on the site was cyclist Christine Vardaros, her 'about' section mentioned that "she found that her earlier vegetarian diet gave her an edge over her competitors with a faster recovery time. So, she thought 'why not go the full way?' and become a vegan. Almost immediately she felt all her symptoms go away, she was able to breathe better, and take part in hard races and recover quicker." I can say, in all honesty, that my experience has been exactly in

line with both of these statements! And if proof were needed, I can illustrate this with reference to three endurance rides I completed during May this year.

The Fred Whitton Challenge

The first of my rides was the Fred Whitton Challenge on the 10th May – the weather was not great and, in places, we were battling against strong winds. However, I managed to complete it in under nine hours (just!) – not as fast as some but pretty respectable! You can learn all about the ride itself at fredwhittonchallenge.co.uk.

Etape du Dales

The following week was the Etape du Dales – starting in Grassington (Wharfedale) this is another 112 miles including climbs over Fleet Moss, Buttertubs, Tan Hill and the Coal Road (Garsdale Head to Dent). Again, it was extremely windy and the climb up to the Tan Inn was gruelling and into the teeth of a gale! Again, I managed just under 9 hours.

Le Petit Depart

31st May was another event round the Yorkshire Dales – Le Petit Depart – starting in Skipton. 80 miles this time, including parts of the Tour de France route. The major climbs were over Kidstones (Buckden to Hawes) and a very steep climb from Settle over to Airton! Yet again, it was very windy!

I am pleased to say that I managed all of these without any problem. However, the most significant point is that, following all of them, I was 100% recovered after a shower! I felt no noticeable tiredness and no stiff or aching muscles whatsoever. I am totally convinced that this has to be down largely to my 100% plant based diet.

Find out more about Mick at vegancyclist.co.uk, or follow him on twitter: [@vegancyclistuk](https://twitter.com/vegancyclistuk)





TIME FOR TOFU

Curd is the word

Tofu! Even most carnivores have heard about this soya-based staple vegan food. It's an absolute classic, and it's the cornerstone of many a good mock meat dish and more. It comes in a wide range of different styles and textures, from firm and chewy to super soft tofu that's perfect for cheesecakes.

Far too often it gets a bad rap – people say it's bland and plain, but to those people we say: would you just eat a cold hunk of raw, uncooked, unseasoned animal flesh and expect it to be scoring big on flavour and texture? No, you wouldn't, so if you think tofu is bland then you just haven't given it the basic care and attention in preparation and

"Tofu is a good source of protein that's completely cholesterol free and extremely low in saturated fat."

cooking that it deserves. If omnivore chefs like Jamie Oliver are raving about tofu, then you've got no reason to think that it's a flavourless consolation prize for the righteous...

It's just a curd to me

Tofu is bean curd. It's made by coagulating soya milk and pressing the curds that you're left with into blocks. Coagulating is essentially a process of curdling using either salts, or acids like vinegar or lemon juice. Different coagulants will produce tofu of differing firmness and texture. Calcium sulphate is the most commonly used coagulant, and it produces a tender tofu that's popular in Chinese cooking.

Where does it come from?

Tofu originated in China, and there are a few theories on how exactly it came about. One theory is that the ancient Chinese applied the milk-curdling practices of the East Indians or Mongolians to soya milk. Another theory says it was invented as early as 164BC by a prince of the Han Dynasty, but the evidence from that period is pretty scarce so nobody can be sure as to the truth of that claim. The other popular

theory is that it was more of an accidental discovery, that boiled and ground soya beans were mixed with an impure sea salt containing calcium and magnesium that would've caused the process of curdling.

Why should I eat it?

Tofu is a good source of protein that's completely cholesterol free and extremely low in saturated fat. One hundred grams of the stuff will provide you with about a third of your daily recommended allowance of calcium and iron, and that serving size only contains about seventy-five calories! There's also some potassium and magnesium in there as a little added bonus. Aside from the nutritional plus points, you should eat tofu because it's an incredibly diverse and delicious addition to a huge list of dishes, and it's the star of many a meal too!

"There are loads of different marinades you can try, and different cooking methods achieve different textures."

Where can I get it?

Even though seitan and tempeh can still be relatively hard to find outside of vegan shops and health food stores, tofu seems to be much more widely available. Chances are you'll find it in at least a couple of forms in your nearest supermarket. You can buy pre-packed marinated chunks of it, or get blocks of it sitting in sealed packs with water to ensure lasting freshness. If you're a bit overwhelmed by the prospect of dealing with it in its raw versatile state, then try some flavoured steaks or tofu wieners for a good introduction to the possibilities of tofu.

What on earth should I do with it?

Don't make the mistake of eating tofu straight out of the packet having done nothing to add flavour to it – it's not disgusting, it just a bit bland in this simple and untouched form. One of the simplest ways to inject some flavour into your tofu is to use a marinade – you can even buy one if you don't want to make your own. Press the moisture out of your tofu by wrapping it in kitchen roll or a clean tea towel. One of the easiest things to do is stack up a selection of your heavy hardback cookbooks on top of your wrapped tofu. Make sure they're not going to topple, and leave the weight to do the work. Once pressed, the tofu can take on liquid and this is how you impart flavour. Sit your tofu in marinade and leave it (preferably overnight) to drink in all the flavourful liquid. Once you're happy that the tofu has taken on enough marinade, fry it, bake it, or barbecue it to get the desired texture. There are loads of different marinades you can try, and different cooking methods achieve different textures.

If you're sat there scratching your head, thinking 'I've no idea how to make this gelatinous white curd taste delicious' then fear not! We've got a top ten list of the best ways to flavour and prepare tofu [on page 48], and you needn't be a Michelin star chef to get to grips with them.

Tofu facts

- Tofu comes in three distinct types – extra firm, firm, and silken. Silken tofu can be used to make delicious creamy desserts like chocolate pudding or cheesecake.
- You can freeze it to create multi-layered tofu. It changes the texture and will even make it absorb more flavour. When it's frozen, ice crystals develop within the bean curd creating cavities which separate the tofu into several layers.
- Tofu contains all eight essential amino acids, making it a 'complete' plant protein.
- It's a much healthier protein source than meat because it contains only a tiny amount of fat, no saturated fat at all, and zero cholesterol.



Clearspring

Organic Japanese Tofu

Silken & Smooth



- ✓ Gluten free ✓ Dairy free ✓ Low fat
- ✓ High protein ✓ Source of magnesium
- ✓ Made with just 3 ingredients
- ✓ Very versatile ✓ Can be used in sweet and savoury dishes

Recipe suggestions:

Miso Soup



Sea Vegetable Salad



Tofu Cheese Cake



www.clearspring.co.uk

SOY DIVISION

Must-try tofu dishes

Ginger Bok Choy and Sweet Peas with Miso-Glazed Tofu

Serves 3 – 4

- 1 x 454g (16 oz) pack extra-firm tofu
- 2 tbsp white miso paste
- 2 tbsp mirin
- 1 tbsp water
- 2 tsp vegetable oil
- 4–5 heads baby bokchoy
- 2 tbsp toasted sesame oil
- 2½ cm (1 inch) piece fresh ginger, grated
- 200g (7 oz) sugar snap peas
- Cooked quinoa, to serve

Recipe from *Greens 24/7* by Jessica Nadel.

Published by Apple Press, £14.99.

Photography by Jackie Sobon

1. Slice the tofu across the width into 12 thin pieces. Pat dry with a paper towel. Whisk together the miso, half the mirin, water and vegetable oil. Coat the tofu slices in the miso mixture and spread them out on a baking sheet lined with aluminium foil. Grill for 6 to 8 minutes on each side, until golden and crispy at the edges, watching closely to ensure it doesn't burn.
2. Slice each bokchoy in half. Trim the root ends and remove the tough core with a paring knife. Heat the sesame oil in a large frying pan and add the ginger, cooking for 1 minute, until fragrant. Add the bokchoy, cut-side down, to sear for 3 minutes. Flip over and sear the top side for another 2 minutes.
3. Increase the heat to high, add the peas and remaining tablespoon of mirin, and cover for 1 minute to finish cooking. Serve with the miso-glazed tofu and quinoa.



Lasagna Rolls with Tofu Ricotta and Everyday Tomato Sauce

Serves 6

- 2½ tbsp olive oil
- 2 onions, thinly sliced
- 6 cloves garlic, minced
- 2 tbsp chopped fresh basil
- 1 tsp fine sea salt
- ½ tsp freshly ground black pepper
- 3 medium carrots, peeled and cut into ¼-inch pieces
- 2 courgettes (zucchini), cut into ¼-inch pieces
- 1 head broccoli, stems removed and florets finely chopped
- ⅔ serving Tofu Ricotta Cheese (see recipe)
- 12 eggless lasagna noodles/sheets
- ¾ serving Everyday Tomato Sauce (see recipe)

Tofu Ricotta Cheese

- 1 x 400g (14 oz) container water-packed firm tofu, drained and cut into quarters
- 180g (¾ cup) yellow miso
- 155ml (⅔ cup) water
- 110g (½ cup) tahini
- 120ml (½ cup) olive oil
- 5 large garlic cloves
- 1½ tsp dried basil
- 1½ tsp dried oregano
- ¾ tsp sea salt

Everyday Tomato Sauce

- 60ml (¼ cup) extra-virgin olive oil
- 4 shallots, thinly sliced
- 3 cloves garlic, minced
- ½ tsp fine sea salt
- 1 x 800g (28 oz) can crushed tomatoes
- 235ml (1 cup) water
- 2 tbsp chopped fresh basil
- 1 tsp chopped fresh oregano

1. To prepare the tofu ricotta cheese, blend all the ingredients in a food processor until smooth. The cheese will keep for 2 days, covered and refrigerated.
2. To prepare the tomato sauce, heat the olive oil in a heavy saucepan over medium-high heat. Add the shallots, garlic, and salt and sauté until fragrant, about 20 seconds. Stir in the tomatoes and the water. Bring to a gentle simmer, then decrease the heat to low and simmer gently, stirring occasionally, for 20 minutes, to allow the flavours to blend. Stir in the basil and oregano. Remove from the heat.
3. Heat 1 tablespoon of the oil in a large, heavy frying pan over medium-high heat. Add the onions, garlic, basil, salt, and pepper. Sauté until the onions are tender, about 10 minutes. Add the carrots, courgette and broccoli and sauté until the carrots are crisp-tender, about 12 minutes. Let cool completely. Mix the vegetable mixture into the tofu ricotta cheese.
4. Cook the lasagna noodles in a large pot of boiling salted water, stirring often, until tender, about 10 minutes. Drain and rinse the noodles, then toss them with 1 tablespoon of the remaining oil to prevent the noodles from sticking together.
5. Coat a 13 by 9 by 2 inch baking dish with the remaining 1½ teaspoons oil. Spread a third of the tomato sauce on the bottom of the dish. Using a spatula, spread the vegetable mixture over each lasagna sheet, leaving about ½ inch of each end uncovered. Roll up each sheet tightly and place it seam-side-down in the baking dish. Pour the remaining tomato sauce over the lasagna rolls.
6. Cover the dish with aluminium foil. Bake until the sauce bubbles, about 55 minutes. Remove the foil and continue baking for 15 minutes.



Recipe from *Real Food For Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans* by Ann Gentry, Andrews McMeel Publishing.
Photography by Sara Remington.



Tofu, Kale, Banana and Avocado Smoothie Serves 2

- Handful of kale
 - 2 bananas
 - ½ avocado
 - 100ml (½ cup) almond milk
 - 75g (2½oz) ice
 - 175g (6oz) Mori-Nu Silken Tofu Firm
1. In a blender, blend the kale, chopped up bananas, avocado, Mori-Nu Silken Tofu Firm and ice.
 2. Puree until smooth, before adding and blending the almond milk to desired consistency.
 3. Add in extra tofu to thicken the smoothie or almond milk to thin it.
 4. Pour into two glasses and serve.

Recipe and image from *morinu.com*

Lemon Herb Baked Tofu Serves 2

- 1 packet extra firm tofu
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 2 tsp pure maple syrup
- ¾ tsp Himalayan/sea salt
- A few generous sprinkles lemon pepper/pepper
- 2 cloves garlic, finely minced
- Zest of ½ lemon
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 sprig fresh oregano
- 2 sage leaves, finely diced

1. Open the packet of tofu and drain out all the water. Give it a little rinse and squeeze as much water as you can from inside the tofu. Sometimes, it requires several squeezes. Once it's looking dry enough, use some paper towels to press down to suck away more water.
2. Slice the tofu into small, thin rectangles and let them dry a bit more.
3. In a small bowl, combine the lemon juice, olive oil, maple syrup, salt, lemon pepper/pepper and garlic. Use a grater to get the zest (skin) from half a lemon. The zest should be so finely minced that it doesn't take shape. Chop the garlic into very fine mince and add it in as well, then get all the herbs, remove the leaves from the stem and put it in the marinade. With the sage leaves, be sure to dice them up finely.
4. Carefully place all the tofu in a shallow dish or bowl and drizzle the marinade over it, toss and turn it around so the tofu is well coated. Leave it marinating for about 30 minutes to an hour.
5. Preheat oven to 150°C (300°F) about 20 minutes before you are going to bake them.
6. Spray an oven tray with non-stick cooking oil and align the tofu pieces on the tray side by side. Then, drizzle the remaining marinade over the tofu.
7. Bake in the oven for about 40 minutes on one side, then take it off and flip all the tofu over (yes, that may take a while). At that stage, one side should be golden. Bake the other side for another 40 minutes until both sides are golden brown, and the tofu should be now very firm and chewy.
8. Spoon it into a plate and garnish with some chopped lemon wedges, some lemon juice and mixed fresh herbs.

Garnish

- 1-2 wedges lemon
- A squirt of lemon juice
- A small sprinkle mixed fresh herbs (rosemary, thyme, oregano, sage)



Recipe and image from *divinehealthyfood.com*

Recipe and image from *Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love* by Terry Hope Romero. Reprinted courtesy of Da Capo Lifelong Books.



Backyard Buffalo Ranch Caesar Salad Serves 2 – 3

- Back at the Ranch Dressing (see recipe)
- Red-Hot Saucy Tofu (see recipe)
- 1 large head romaine lettuce
- 200g (2 cups) thinly shredded red cabbage
- 25g (½ cup) shredded carrots
- 115g (½ cup) thinly sliced celery (sliced on a diagonal)
- 60g (2 cups) croutons

Back at the Ranch Dressing

- 75g (½ cup) unroasted cashews
- 175ml (¾ cup) hot water
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp olive oil
- 1 clove garlic, peeled
- 2 tsp white (shito) miso
- 2 tsp Dijon mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 3 tbsp chopped fresh herbs, such as dill, basil, or tarragon

Red-Hot Saucy Tofu

- 450g (16oz) extra-firm tofu or super-firm tofu (no pressing necessary)
- 1 tbsp refined or virgin organic coconut oil
- 3 tbsp Sriracha
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp agave nectar

1. Prepare the dressing. Soak the cashews in the hot water for 30 minutes. Then pour into a blender (including the soaking water) and blend until very smooth. Alternatively, if you have a high-powered blender (like a Vitamix or Blendtec), no soaking is required: just pulse the cashews into a fine powder, add the hot water, and pulse again until very smooth. Add the remaining ingredients, and pulse until smooth. Chill the dressing in a tightly covered container until ready to use, or at least 20 minutes for the flavours to blend. Store chilled and use within 2 days.
2. Prepare the tofu. If using extra-firm tofu, press the tofu first (I suggest pressing the tofu while the cashews soak for the dressing). Dice the tofu into ½ inch cubes. In a wok or cast-iron skillet, melt the coconut oil over medium heat. Add the tofu and sauté until golden on all sides, about 5 minutes. In a mixing bowl, whisk together the hot sauce, lemon juice, and agave. Add the hot tofu cubes and toss them in the sauce. Keep covered until ready to serve the salad.
3. To assemble the salad, remove and discard the root end of the lettuce, then chop the leaves into bite-size chunks. Wash and dry the lettuce and transfer to a large mixing bowl. Add the cabbage, carrots, celery, and croutons. Add the dressing and use tongs to thoroughly coat with dressing. Arrange the salad in large serving bowls and top with the tofu.

Mini Kalamata Quiches

Serves 2

Recipe and image from thewholeingredient.com



- 300g (10½oz) silken tofu
- 2 tbsp kalamata (or other olive) tapenade
- 2 tsp good olive oil
- 2 tbsp nutritional yeast
- Squeeze fresh lemon juice (organic if possible)
- Black pepper
- 10 sun dried tomatoes (approx 40g or 1½oz)
- 3 tbsp pumpkin seeds
- 2 tbsp dried rosemary, divided
- 1 tbsp poppy seeds

1. Heat the oven to 200°C / 400°F / Gas Mark 6.
2. Hydrate the sun dried tomatoes in hot water and set aside.
3. Place the tofu, tapenade, olive oil, nutritional yeast, lemon juice and black pepper in a food processor and blitz until completely combined and smooth.
4. Drain and press the sun dried tomatoes between kitchen paper to soak up any water, and chop into small pieces.
5. Stir the sun dried tomatoes, pumpkin seeds, poppy seeds and half of the dried rosemary into the quiche mixture (I just do this in the food processor jug, to save on transferring to another bowl).
6. Distribute the mixture evenly into the muffin tray pockets.
7. Sprinkle the remaining rosemary across the quiches and place the tray on the top shelf of the oven.
8. Cook for 20-30 minutes, until firm to the touch.

Spicy Romaine Rolls with Peanut Sauce

Serves 2 – 4

- 1 head of romaine, leaves picked and washed
- 325g (11½oz) firm tofu
- 125g (4½oz) shiitake mushrooms
- 1 small carrot
- ½ small white cabbage
- 50g (2oz) bean sprouts
- 15g (½oz) fresh coriander
- 4 spring onions
- 1 tsp oil (coconut or sesame works well)

Tofu marinade

- 1 tsp ground coriander, 1 tsp ground ginger, 1 tsp garam masala, juice from ½ lime, 4 tsp tamari or soy sauce, 1 tsp apple cider vinegar, 1 red chilli thinly sliced

Shiitake marinade

- 1 tsp oil (olive, sesame, rapeseed), 1 tsp tamari or soy sauce, 1 tsp apple cider vinegar

Peanut Sauce

- 2 tsp crunchy peanut butter, 2 tsp dark miso, juice from ½ lime, 3 tbsp water

1. Begin with the tofu. Drain, wrap in kitchen paper and press down with a plate. Combine the tofu marinade ingredients in a bowl. Carefully cut the tofu into small cubes and add to the marinade, ensuring each piece is covered.
2. Next, finely slice the mushrooms and combine in another bowl with the shiitake marinade ingredients.
3. Prepare the carrots by slicing as thinly as you can to about the length and width of a matchstick.
4. Slice the cabbage into thin shreds.
5. Slice the spring onions and chop the coriander.
6. To make the peanut sauce, combine all the ingredients in a bowl and give it a good stir.
7. Heat the oil in a large frying pan or wok and gently add the tofu and any marinade that hasn't been soaked up. Cook until lightly browned (about 4-5 minutes) and then add the mushrooms and cabbage. Once the cabbage has wilted you're ready to serve.
8. Set all the ingredients out in bowls and tuck in!



Recipe and images from
thewholeingredient.com



MORI-NU MAKES COOKING VEGAN-EASY

Mori-Nu Silken Tofu Firm is the perfect ingredient to bump up nutritional intakes and helps to fuel the body for the day, as it's packed with protein, iron and calcium and contains all nine essential amino acids. It's also fantastic for replacing dairy in recipes and adds a gorgeous creamy texture, without all the calories!

BERRY DELICIOUS SUMMER MOUSSE

Savour summer with this light and easy recipe for dairy-free raspberry and strawberry mousse, using Mori-Nu Silken Tofu Firm. It's low in fat, absolutely delicious and only needs 4 ingredients!

INGREDIENTS:

SERVES 4

- 175g (1/2 Pack) Mori-Nu Silken Tofu Firm
- 1 Tbsp vanilla extract
- 100g fresh raspberries
- 100g fresh strawberries



METHOD:

1. Combine all of the ingredients in a blender and blend until smooth. Taste and add in more vanilla extract if desired.
2. Transfer the mixture into a medium sized bowl and chill for 2 hours.
3. Scoop into dessert dishes and serve with fresh raspberries or strawberries.

Tip: Use frozen berries for a cooler treat!

MORE WAYS YOU CAN USE
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TOP TOFU PREPS

Ten totally awesome ways to use tofu





Simple Toasted Sesame

Squeeze the water out of your firm tofu using the wrap-and-weight method – wrapping in kitchen roll or a clean tea towel and pressing down with a stack of cookbooks or something similarly flat and heavy. Once pressed, cube the tofu and place in a shallow dish. Liberally sprinkle with salt and toasted sesame oil, and pour over boiling water 'til covered. After five minutes carefully drain and remove the tofu blocks to a clean dry tea towel to soak up any remaining moisture before frying. Cook in a hot pan with plenty of toasted sesame oil. Finish with chilli, garlic, and spring onion.



Eggy Scramble

This easy and basic tofu scramble is designed to mimic the plain savoury flavour of scrambled egg.

Melt about a tablespoon of vegan spread in a shallow pan on a medium heat. Add three teaspoons of turmeric to the melted spread for colour. Take firm tofu straight from the packet without pressing and squeeze hard so that you almost get a puree, leaving a few larger lumps for texture. Warm through while stirring until any excess moisture has gone. Add a pinch of onion powder, a heaped tablespoon of nutritional yeast, and plenty of salt and pepper. If you can get it, Black Salt or Kala Namak adds incredible egg flavour.



Curry Scramble

Go through the same first steps as above, but add garam masala, curry powder, or your own selection

of curry spices along with the turmeric. It's important to heat your spices for a little while to release more flavour. Fry off finely diced onion, garlic and fresh red chilli, and stir vigorously into the melted spread and spices to create a sort of curry paste. Squeeze in the tofu just as you would with the eggy scramble, stirring thoroughly to help evenly spread the flavour. Add a handful of spinach soon after the tofu and allow the leaves to fully wilt before serving.



Berry Smoothie

To a mix of blueberries, raspberries, strawberries, and whatever other fruit takes your fancy, add a

small block of tofu instead of a banana for a protein-rich smoothie. You can use firm or silken tofu depending on what texture you prefer; silken will provide a thinner texture than firm tofu.



French Toast

French toast, or eggy bread (depending on what part of the world you're from), can be easily recreated

for vegans using silken tofu. Blend silken tofu, plain flour, plant milk, cinnamon, and vanilla essence to make a batter. Adjust the quantities of wet and dry ingredients until you have a thick consistency similar to beaten raw eggs. Dip generous wedges of bread in the batter before frying in a pan on a medium high heat. Finish with icing sugar.



Tofish and Chips

There are many variations on this recipe, but almost all involve pressing firm tofu and wrapping fillets in a sheet

of Nori – edible seaweed which gives great fishy flavour. You then make a simple batter of flour, a raising agent, and beer to dredge your 'tofish' fillets in before deep frying until golden and crispy. Serve with chips, and make a quick tartar sauce by mixing vegan mayo with finely chopped gherkins and capers.



'Egg' Mayo

Crumble pressed firm tofu into a bowl, making sure you don't overdo it and reduce it to a mush. Add to this

cooked and thoroughly mashed chickpeas. The idea is that the tofu acts as the boiled egg white, and the chickpeas become the yoke. You can use nutritional yeast, black salt, or some other seasoning tricks to reach that eggy flavour. If you don't have those ingredients to hand you can make a perfectly decent version just by seasoning the mix well with salt and plenty of black pepper before adding generous dollops of a thick vegan mayo.



Chocolate Pudding

This dessert is so easy and it's perfect for kids too as it doesn't really require any teeth to devour! In your

blender or food processor, whiz up half a chopped banana, about three times that amount of silken tofu, a generous tablespoon of cocoa powder and about half that amount of coconut flour, and finish with 2 tablespoons of agave or maple syrup to sweeten. Test the mixture and adjust according to taste. Using frozen banana will give you a thicker texture right away, but you can just refrigerate after you've blended the mixture to allow it to set a little. We recommend refrigerating for at least a couple of hours as this pudding really is best served cold.



BBQ Burgers

Press your tofu to remove excess moisture and cut into generous burger-sized fillets. Make a marinade by mixing

smoked paprika or liquid smoke with brown sugar, tomato ketchup, garlic powder, chilli powder, and a little cumin. Loosen the mixture with some lemon juice and a little water if necessary. Place the tofu in a sealable Tupperware box and pour over the marinade, making sure the tofu is properly covered. Leave in the fridge overnight. When ready simply transfer straight to a hot griddle pan or barbecue to cook. You can gently pour or brush on some of the remaining marinade during cooking to get an extra coating of flavour.



Tofu Feta

Press your firm tofu to remove as much moisture as possible, and cut into perfect cubes. Make a marinade

using equal parts water and apple cider vinegar, half the amount of lemon juice, and a few teaspoons of rosemary and oregano. Place everything in a sealed container in the fridge for about 3 days. Drain and remove, and place on a clean tea towel to remove excess moisture. Roll the still slightly moist tofu in some more dry oregano and it's ready to use in a Greek salad or whatever dish takes your fancy.

VERVET VOLUNTEER

Vanessa Barlow shares her experiences of the Vervet Monkey Foundation





I had never considered a vegan lifestyle while living in the UK, I had compassion and respect for animals but somehow this did not reciprocate in my diet. I had never really been exposed to veganism or realised the impact my lifestyle was having on the environment. On my arrival at the Vervet Monkey Foundation (VMF) I was expecting my first meal to comprise of raw carrots and lettuce but, surprisingly, it was spaghetti bolognese – the taste was very similar but the ingredients were completely different. Stood next to the dinner table was Basil the rescued sheep who the VMF found nearly dead on the road when he was a lamb; he plays with the dogs, follows volunteers, and roams around free at the sanctuary.

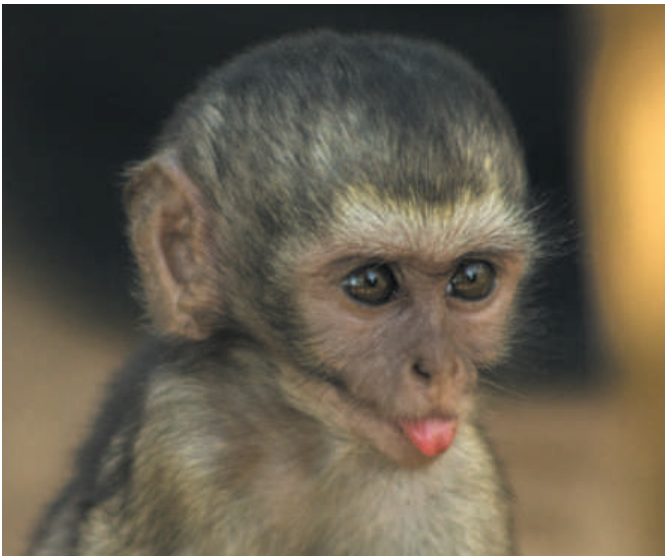
As my stay progressed I learnt more about the cruelty involved in making animal products from various weekly documentaries we were shown. But it was not until I watched the video ‘The Best Speech You Will Ever Hear’ by Gary Yourofsky that it became obvious to me that my future would be void of any animal products, and I would do everything I could to educate more people what a difference a change in diet can make to animals and to your own health.

Although veganism has been a big part of my stay, my main reason for coming was to help the monkeys. Here on an internship with my University, I wanted to gain a greater understanding of monkey behaviour and how conservation efforts were impacting the welfare of this species – one that’s terribly misunderstood here in South Africa. The purpose of the VMF is not only to rehabilitate injured or abused monkeys, but to educate the community on how co-existence with this wonderful species can be achieved.

“After five months of caring for him, I cannot describe the overwhelming feeling I get now when I see him climbing trees and interacting with his own species.”

I arrived at the foundation in November last year. It was the beginning of baby season where we’d receive the infants that had been orphaned due to human interference; whether that be road accidents or mothers shot by farmers for trespassing on agricultural land. My first experience with our first arrival, named Gandalf, was one I will likely never forget. His big brown eyes stared up at me as I held him for the first time; barely two weeks old, his face pink and wrinkled and his body wrapped in a blanket, I couldn’t help but think of E.T. Without realising it I had made quite a fitting comparison, this baby thrust into an alien world, confused and calling for his mother, I was saddened by how humanity had altered his fate. After five months of caring for him, I cannot describe the overwhelming feeling I get now when I see him climbing trees and interacting with his own species.

Here at the VMF we run ‘The Foster Mum programme’ where orphans are trained to use feeding cages providing them with substitute soy baby formula in the absence of their biological mother. A ‘hands off’ approach with a minimal amount of human >



contact allows the babies to bond with their monkey foster mother ultimately ending in the successful integration into a social group, being adopted by their own foster mother, giving them a second chance at a normal life. I was very privileged to be part of this process, knowing I had helped the eighteen orphans achieve a better life.

Although I enjoyed caring for these babies, they should have been brought up in the wild with their biological mother and troop. Just recently we were called out to a local residential area where a Vervet infant was found with multiple pellet gun wounds, she was rushed to the vets but her injuries proved fatal with a collapsed lung and paralysis due to damage to her spine, sadly she had to be euthanased at the vets. No animal deserves to die this way because of hatred from the human race, let alone one that has just come into this world, it was a solemn day at the VMF as the reality hit hard.

Representing the VMF at the Global March for Lions protest in Johannesburg has to be one of my highlights of my time here. Canned Lion Hunting is a growing problem, especially as unsuspecting volunteers think they are helping by visiting lion parks that allow cub petting. The canned hunting industry is increasing in South Africa every year and the exploitation of volunteers is aiding this. We showed our support, raising our homemade picket signs outside a Lion Park in Johannesburg, making visitors and general public aware of this

neglected issue. It was a very empowering moment in my life and I hope to do more animal protests in the future.

Surrounded by mountains and a plethora of wildlife, the peacefulness and the beauty of Tzaneen is one of the main things that brought me here. With volunteers regularly visiting the nearby Kruger National Park and coming back with tales of seeing the 'Big 5', it is really incredible to see these rare and endangered species in their natural habitat.

We also have weekend trips to the Debengeni Water Falls, where the elusive endangered Samango monkeys have been seen. Being close to Chimp Eden (a Jane Goodall Institute), we had the rare pleasure of attending a book signing in February by the legend herself where she gave an inspiring speech highlighting the achievements and success of her charity over the years, and also raised issues of the challenging future for Chimpanzees and other species in Africa.

I've been at the Vervet Monkey Foundation for seven months now and I'm still learning. With every day bringing new dramas, volunteers and staff work as a team to ensure the monkeys have the best quality of life we can give them. Living and working with a diverse set of people ranging from Swedish to Australian, I can honestly say I have made lifelong friends that I've shared this extraordinary experience with.



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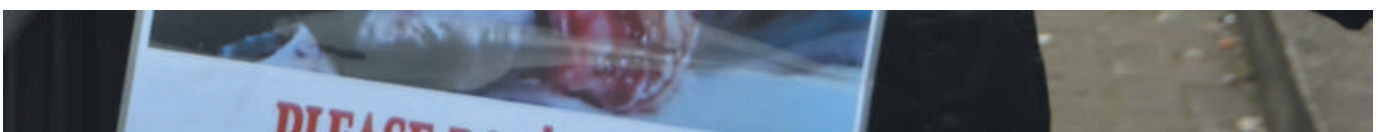


LOVE YOUR FUTURE



HOW VEGANISM CHANGED MY LIFE

Shayna Weisz from London Vegan Actions on how veganism changed her life



I always felt intrinsically that there was something wrong with eating meat. When I was a child, I would never set foot in a butcher's because I hated the stench, and I would always wait outside while my mother went in. If I helped her in the kitchen, I was always reluctant to touch the raw meat, and would leave those tasks to her. I also covered my ears at the sound of bones cracking at the table, if people were eating wings, for instance. I knew in my heart that eating meat couldn't be right, but thought it was just one of those things everybody did. I could never be a vegetarian, that's something that other people do. I didn't give it much further thought, until years later.

When I was on my gap year, I met a girl who seemed really warm and friendly called Allie. When I found out she was a vegetarian, and she explained her reasoning, I found myself agreeing with everything she said. I looked up to her; she seemed so smart and together, and I suddenly realised – if she can do it, why can't I? She made me realise that you can be totally normal, nice, and healthy, and be vegetarian! Day by day, I challenged myself to cut out the meat from my diet. It was hard at first, not only because I had cravings for it and wasn't very sure of what else I could eat, but because so many others around me seemed to be okay with it, which baffled me. They didn't care about what they were eating, despite surely knowing the suffering involved. But I understood that even if others around me don't think the same way as me right now, the only way to make a difference is if somebody does finally take a stand, and one by one we can make a difference. And just like the girl who inspired me, I could perhaps be an inspiration to others, and in that way the movement will grow.

After a year of being vegetarian, I was keen to call myself an animal-rights activist, but slowly the truths of the egg and dairy industries were becoming apparent to me. I didn't intend to go vegan, but the guilt I felt consuming egg and dairy products became too much for me, and I knew I had to remove them from my diet too. Although once again, I did have cravings to begin with, the change was easier for me this time, as I had a clear knowledge of the animal suffering involved and knew that I did not want to be a part of it at all. I made the transition to veganism while at university in Birmingham, but the environment of all the young people around me eating fast-foods like pizzas and burgers all the time made it that bit more challenging. However, I realised I had a great platform to spread the message of veganism, and so I started my own society called Veg Soc, where myself and other students would regularly go out to eat, host vegan dinner parties, or hold outreach stalls in the university's cafeteria.

Since graduating and coming back to London, I have become heavily involved in activism. I see it as a really crucial part of being vegan, as there are not many people willing to speak up for the animals who have no voices themselves, so those who can, should. My friends and I started a group called London Vegan Actions, and we hold regular demos, protests, and outreach events around London. A few months ago we headed a big campaign against Angora, the fur used from rabbits in many items of clothing. We targeted many shops, and amongst our list of successes were French Connection, Monsoon and Lacoste, who we convinced to stop selling Angora products.

We also hold a regular outreach event every weekend in various busy areas of London, where we simply hand out leaflets and information booklets on veganism and animal rights. These are usually quite successful, and we find many people are very interested in reading our leaflets and talking to us about how they can change their lifestyles.

I have now been vegan for just over two years, and it is the best decision I ever made. I hope to dispel the stereotypes of vegans being

'hippies' or boring or just eating salad all day, and show people that animal rights is the next big battle we as a society have to fight, and you can be a totally normal, healthy and fun person while doing it. I still finding that the hardest thing about being vegan is all the questions I get asked, like "Where do you get your protein?" or "What if you raised your own chickens..." etc. You know the ones! But it is important that we do answer people's questions, because their curiosity can only be a good thing, and so we must open their eyes to the truth.

"We should be proud in the knowledge that we are taking a stand for what's right."

One thing I didn't know when I first went vegan was how much more there is to it than just diet. There are so many things which I had never even thought about which I now needed to abstain from. For example, wool, down, and animal-tested cosmetics. I had many items which I needed to replace, and had to do a lot of research into cosmetics and cleaning products to find out which ones were ethical. These were things I had never even considered before, but finding out about the huge scale of animal abuse that goes on in these industries was a real eye-opener for me. Everyone knows where meat comes from, but there are some things that don't even occur to you that have an unfortunate amount of suffering involved in their production.

Another question I get asked a lot is "What about human suffering? Isn't that more important to deal with?" which I think is a really interesting question. The fact is that the meat industry does contribute indirectly to human suffering, in that the majority of the world's food and water resources go to animals reared for meat, and so theoretically we could end world hunger if we abolished the meat industry and instead distributed our resources fairly. People are also surprised to hear the statistic that the meat industry causes more pollution and greenhouse gases than all the world's transport systems put together! But the other angle is that we don't need to pick just one issue to target, we can address several at once, and being an animal-rights advocate does not mean I can't be a human-rights campaigner too. I am also very involved in women's rights, LGBTQ rights, and several other human issues.

If I could give one piece of advice to people trying out veganism for the first time it would be: take it slow, the key is progress not perfection. As I mentioned earlier, it took me a long time to realise all the different ways in which animals are suffering at our hands, but you pick up information along the way, and every day is a chance to learn and try something new. Also, don't be ashamed to be different. It is hard being the only vegan in your group of friends, but this means you have a chance to show people just how easy and fun being vegan can be. You have the opportunity to plant the seed in someone else's mind, so don't shy away from their questions, or from dinner party invitations. It is up to us to pioneer this new way of thinking and living, and we should be proud in the knowledge that we are taking a stand for what's right, and paving the way to a fairer and more peaceful future.

If you are interested in getting active for animals in London, join us on Facebook (*London Vegan Actions*), Twitter (*@LdnVeganActions*), or our website (*londonveganactions.moonfruit.com*).

PERFECT PRESERVATION

Chutneys, pickles and jams to make at home

Luscious Roast Tomatoes

- 12 British midi plum tomatoes
 - 2 tbsp olive oil
 - 1 tsp soft brown sugar
 - Rock salt
 - Fresh black pepper
1. Preheat the oven to 190°C, 375°F, Gas Mark 5.
 2. Cut the tomatoes into quarters and place in a mixing bowl with the olive oil, sugar and a good grinding of rock salt and black pepper. Turn the tomatoes with a spoon to ensure that they are thoroughly coated with the oil and sugar.
 3. Place the tomatoes on a baking sheet and roast in the oven for 1½ to 2 hours, turning from time to time.
 4. They are ready when reduced in size, deep red and just beginning to char. For a 'sun-blushed' effect, remove the tomatoes from the oven a little earlier.
 5. Allow to cool completely before storing in an airtight container and refrigerate for up to two weeks.

TOP TIP

Try these rich, home roast tomatoes instead of sun-dried. They are delicious mixed into salads, pasta, casseroles or chopped into sauces or dressings.

Recipe and image from *britishtomatoes.co.uk*



Radish and Beetroot Chutney with Bart spices

Makes approximately 2kg

- 1 ½ kg (3.3lb) raw beetroot, trimmed, peeled and diced
 - 20 shallots, quartered
 - 40 radishes, quartered
 - 2 eating apples, peeled and grated
 - 2 tbsp BART mustard seeds
 - 2 tbsp BART coriander seeds
 - 800ml (3 ⅓ cups) white wine vinegar
 - 600ml (2½ cups) balsamic vinegar
 - 700g (1½lb) demerara sugar
1. In your largest saucepan, combine all of the ingredients and bring to a simmer. Cook for 1 hour, stirring occasionally, until the beetroot is cooked and the juices have thickened.
 2. Once the chutney is done, spoon it into sterilised jars and seal the lids while it's still hot. Use straight away or keep for up to 6 weeks.

TOP TIPS

- To sterilise your jars, run them through a hot wash in your dish washer or boil in a pan of water for 10 minutes.
- Great on a baked potato or served with 'cheese' and crackers. We are fans of the Smoked Cheddar Sheese if you want a fusion of flavours.
- The flavour will improve if kept for a few weeks.
- Once open keep in the fridge.



Recipe and image from lovebeetroot.co.uk

Fresh Tomato Salsa

Serves 6

Recipe from britishtomatoes.co.uk



- 1 tbsp olive oil
- 2 cloves garlic, peeled and sliced
- 1 small onion, finely chopped
- 2 sticks celery, finely chopped
- 1 green pepper, de-seeded and finely chopped
- 3 red chillies, de-seeded and finely chopped
- 1kg (2.2lbs) British classic or plum tomatoes
- 2½ cm (1") root ginger, peeled
- Juice of one lime
- 20g fresh coriander, (cilantro) finely chopped
- 1 tsp caster sugar
- Salt and ground black pepper

1. Heat the oil in a large saucepan and sauté the garlic, onion, celery, green pepper and chillies very gently for 15 minutes, until softened.
2. Meanwhile, peel and chop the tomatoes.
3. Take the saucepan off the heat, grate the ginger coarsely and squeeze the ginger juice into the pan. Add the lime juice, tomatoes and coriander and stir well. Season with sugar, salt and pepper.
4. Leave for at least 2 hours, preferably overnight, to allow the flavours to develop. Serve at room temperature.

TOP TIP

For a hotter salsa, add more chillies. Great served with vegetable kebabs.

Whole Spiced Pickled Shallots with Chilli, Cinnamon and Allspice

Makes 2 large jars

- 1kg (2lb) shallots, peeled
 - 3 tbsp salt
 - 750ml (3 cups) cider vinegar
 - 75g (2½oz) dark brown muscovado sugar
 - 2 cinnamon sticks
 - 6 whole dried chillies
 - 10 allspice berries
1. Place the shallots in a bowl, sprinkle over the salt and leave covered for 24 hrs. This process helps the shallots stay crunchy.
 2. The next day heat the vinegar until simmering, do not boil, add the sugar and spices, stir until dissolved, and simmer gently for 10 minutes.
 3. Rinse the shallots and dry with kitchen paper, spoon into sterilised jars, placing the cinnamon sticks, chillies and allspice from the vinegar in at the same time.
 4. Pour in the hot vinegar so the shallots are covered, leave to cool then put the lids on and leave for a few weeks, they will improve over time but the very earliest for eating is 2-3 weeks after pickling. Store in the fridge after opening.

TOP TIP

To peel the shallots easily simply place in a bowl and pour over boiling water, leave to cool, drain, trim the root end and then slip off the skins



Recipe and image from ukshallot.com

Pickled Shallots with Mixed Spices and Bay Serves 4

- 1kg (2lb) shallots, peeled and trimmed
 - 100g (3½oz) sea salt
 - 225ml (1 cup) of sherry vinegar
 - 550ml (2 ⅓ cups) of white wine vinegar
 - 8 allspice berries
 - 2 tsp coriander seeds
 - 2 tsp yellow mustard seeds
 - 3 tsp of mixed peppercorns
 - 1 tsp of white mustard seeds
 - 1 tbsp of demerara sugar
 - 4 dried bay leaves
1. Place the shallots in a large plastic glass bowl, mix the salt into one litre of hot water and pour over the shallots and soak for two days, in the fridge. You can place a plate on the top of the shallots so they can be submerged in the salted water and cover.
 2. Sterilise the kilner jars by washing in warm soapy water, rinsing and placing in a moderate oven for 5 minutes.
 3. Place the vinegars, spices, sugar and bay leaves in a pan and gently stirring bring to just below the boiling point, making sure all the sugar has dissolved, turn off the heat and leave to go completely cold. Drain the shallots from the salted water and pat dry with kitchen towel.
 4. Pack the shallots in the sterilized jars. Pour the vinegar and spices over the shallots. Seal and store in a cool dark place for one month to mature. Once opened, store in the refrigerator and use within one month.



Recipe and image from ukshallot.com

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- ✓ GREAT-TASTING

SPRING ONION CREAMY SHEESE PASTA WITH WATERCRESS, SPINACH AND PINE NUTS

Serves 4, Prep time 5 minutes, Cooking time 12 -15 minutes

INGREDIENTS:

255g tub spring onion and cracked black pepper Creamy Sheese
2 medium white onions
4 cloves garlic
85-100g bag watercress
200g spinach
100g pine nuts
100ml soya cream
Spaghetti, tagliatelle or linguine for four people
Salt and pepper to taste

PREP:

Finely dice onions and garlic. Thoroughly wash spinach and watercress, and remove any large stalks then roughly chop both.

METHOD:

Cook enough pasta for four people (approx 100g per person), as per instructions on the pack. Heat 3 tablespoons of oil in a frying pan over a medium heat. Add the onions and garlic and sweat for 3-4 minutes add the watercress and spinach and sweat until wilted. Stir in the Creamy Sheese and soya cream, then add the pine nuts and your cooked pasta and stir until all the pasta is coated. Serve with garlic bread.



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By Bute island foods

Onion and Chilli Chutney

- 2 tbsp olive oil
- 3 large red onions, about 500g (1lb 2oz) in total, roughly chopped
- 1 red pepper, cored, deseeded, diced
- 1-2 large mild red chillies (to taste), deseeded, finely chopped
- 8 plum tomatoes, about 500g (1lb 2oz) in total, roughly chopped
- 150g (5oz) caster sugar
- 150ml (5fl oz) red wine vinegar
- 1 large bay leaf
- Salt and ground black pepper

1. Heat the oil in a large saucepan, add the onions and fry gently for 5 minutes until the onions are beginning to soften.
2. Mix in the remaining ingredients then simmer gently for about 45-55 minutes, stirring occasionally until the chutney is soft and thick.
3. Spoon the chutney into warmed jars, smooth the tops level and cover with a waxed disc then a screw top or clip on lid. Leave to cool then keep up to 2 months in a cool cupboard or once opened in the fridge.



Shallot, Cauliflower and Green Bean Piccalilli

Makes approximately 1 kilo

- 700ml (3 cups) malt vinegar
- 2 garlic cloves, peeled and thinly sliced
- 2 tsp coriander seeds
- Sea salt
- 400g (14oz) shallots, peeled
- 3 tbsp English mustard
- 2 tbsp plain flour
- 2 tsp turmeric
- 1 tsp ground ginger
- Pinch of allspice
- 200ml (6½fl oz) cider vinegar
- 225g (8oz) granulated sugar
- ½ to 1 red chilli, deseeded and finely chopped (optional)
- 300g (10½oz) small cauliflower florets, approx 3cm in size
- 100g (3½oz) green beans, trimmed and cut into 4cm lengths
- 1 bay leaf

1. Place the malt vinegar, garlic, coriander seeds in a large heavy based pan and bring to the boil, add half a tsp of salt and blanch the shallots in the vinegar for 3 minutes or till just softened but still crunchy.
2. Remove from the pan and reserve. Repeat with the cauliflower blanching for 2 minutes and then the green beans for one minute and set aside. Reserve the malt vinegar liquid.
3. Meanwhile put the mustard, flour, turmeric, ginger and allspice in a small bowl and whisk in the cider vinegar until smooth. Place the mustard mixture in a saucepan and whisk in the reserved malt vinegar and sugar, stir slowly all the time until the sugar has dissolved then bring to the boil. Simmer for 6 minutes and then add the chilli and cook for a further two minutes making sure the sauce coats the back of the spoon.
4. Add the cooked vegetables and the bay leaf, stir well and take off the heat ensuring all the vegetables are well coated.
5. Sterilise the jars by washing in warm soapy water, rinsing and placing in a moderate oven for 5 minutes.
6. Spoon the mixture into sterilised jars or kilner jars. If the jars are not kilner jars cover the piccalilli with wax jam discs, cellophane and elastic bands as metal lids can sometimes react with the contents.

Recipe and image from ukshallot.com



Roasted Shallot, Cranberry and Ginger Chutney

Makes approximately 1 kilo

- 450g (16oz) shallots
 - 2 tbsp of rapeseed oil
 - Sea salt and black pepper
 - 250g (8½oz) soft brown sugar
 - 250g (8½oz) fresh or frozen cranberries
 - 250g (8½oz) eating apples (i.e. Cox's or Pink Lady) peeled and cut into small chunks
 - 2cm piece of ginger, peeled and grated
 - 1 cinnamon stick
 - Zest of one orange
 - 200ml (6½fl oz) red wine vinegar
 - 200ml (6½fl oz) cider vinegar
 - 50g (1½oz) raisins
1. Peel the shallots, leaving on the root end to hold them intact. Halve the shallot length wise and place on a baking sheet.
 2. Drizzle the rapeseed oil over the shallots, season with the sea salt and black pepper and sprinkle with 1 tbsp of the soft brown sugar.
 3. Roast the shallots in the preheated oven for 20-25 minutes turning occasionally, until soft and caramelised, remove from the oven and set aside.
 4. Sterilise the kilner jars by washing in warm soapy water, rinsing and placing in a moderate oven for 5 minutes.
 5. Meanwhile place the cranberries, apples, ginger, cinnamon stick, zest of orange, red wine vinegar and sugar in a pan and bring slowly to simmer, stirring gently until the sugar has dissolved. Slowly simmer for 10 minutes until the apple and cranberries are soft.
 6. Add the cider vinegar and raisins and bring to the boil and cook for 10-15 minutes until thickened, stirring occasionally. If it is still runny, simmer for a further 5 minutes or until thick. Stir in the shallots and then spoon the chutney into sterilised jars.
 7. Seal and store in a cool dry place for up to 6 months, once opened, store in the refrigerator and use within one month.



The Rules of Jam Making

There are a few golden rules when making jams, jellies and marmalades

- Use dry, unblemished and not overripe fruit.
- Use the correct sugar for the recipe [if it calls for it] and note jam sugar is different to preserving sugar. Jam sugar contains pectin – which is used for setting. Preserving sugar has fine sugar crystals giving a very clear preserve. [Some recipes such as those on the following pages use natural pectin found in some fruit]
- All equipment must be scrupulously clean. All your jars and lids must be sterilised, then keep the jars warm until you pour in the jam. Always seal jam when it is hot. There has been some controversy about the re-use of jam jars if preserves are produced and sold for charitable purposes on an infrequent basis. Jam jars can be re-used for this purpose as long as good hygiene practices have been followed.
- Use as little water as possible (except for making marmalade) and cover the fruit with a tightly fitting lid. Skim the scum frequently while the jam is boiling.
- To test for a good set put a few saucers into the freezer before you start. When the jam is boiling rapidly and you think it is ready to pot, take a saucer out of the freezer and drop a small spoonful onto it. Allow to cool for a minute then push your finger through the jam - if it wrinkles it's ready; if not, boil for a few more minutes. Continue testing until a set is reached.
- Always remove the pan from the heat while you are testing so that it won't be overcooked!

From the Women's Institute website thewi.org.uk



Orange Marmalade

- 720g (4 cups) orange slices, peeled and de-seeded
 - ½ tsp orange zest
 - 200g (½ cup) organic sugar
 - 1½ tbsp arrowroot powder
 - 60ml (¼ cup) fresh lemon juice
 - 125ml (½ cup) water
1. Place the peeled and de-seeded orange slices into a food processor and blend until still slightly chunky.
 2. Pour this mixture into a large saucepan over a medium heat and stir in the orange zest, sugar, arrowroot, lemon juice and water.
 3. Simmer the mixture for approximately 30 minutes or until the mixture resembles a jam-like consistency. Stir occasionally.
 4. Once the mixture has reached the correct consistency, pour into sterilised jars and put the lid on securely.

Jam: The Easy, Cheat Method Makes approximately 250ml (1 cup)

- 340g (12oz) raspberries, blueberries, strawberries, pitted cherries, or other fruit of choice, either fresh or frozen
 - 55g-75g ($\frac{1}{4}$ to $\frac{1}{3}$ cup organic sugar, or 230ml (1 cup) frozen apple or white grape juice concentrate
 - 1 tbsp arrowroot, or 2 tbsp arrowroot if using juice concentrate
 - 2 tbsp water
1. Combine the fruit and sweetener (use more or less sugar depending on how sweet you like it) in a medium saucepan over medium-low heat and bring to a simmer. Simmer for 10 to 20 minutes, until the fruit has broken down a bit and the mixture looks saucy.
 2. Dissolve the arrowroot in the water, and whisk into the fruit mixture. It will thicken some but not be quite as thick as jam.
 3. Pour the jam into a container or a pretty dish or hot-pack it in a Mason jar: Wash some jars in hot, soapy water and rinse well. Pack the hot jam in the jars, making sure to leave $\frac{1}{2}$ inch of space at the top; don't let it cool down before you pack it! Then put the lid on securely. As it cools, it will thicken into a jammy consistency. This quick jam will keep for 2 to 3 weeks in the refrigerator if placed in a dish or regular jar, and 6 to 8 weeks if packed hot.



Recipe from *The Homemade Vegan Pantry* Copyright 2015 by Miyoko Schinner. Published by Ten Speed Press, an imprint of Penguin Random House LLC.



5
TO GIVE
AWAY

Plant Based Recipes for Dogs

This informative lifestyle guide and vegan cookbook for dogs includes extensive content into what foods promote health and aid longevity, whilst explaining why feeding dogs commercial dog food is not just harming and compromising the health of our dogs but is also devastating our planet. Plant Based Recipes for Dogs shows you exactly how to create nutritionally balanced meals that are sure to win over even the fussiest eater. With over 60 delicious nutritious recipes including treats, complete meals, fast food ideas, homemade remedies and much more.

ENTER at veganlifemag.com/plantbased

Hurraw! Lip Balm

We have 10 Hurraw! vegan lip balms to give away. Winners will receive one of 22 flavours made from natural cold pressed oils & plant waxes.

ENTER at veganlifemag.com/hurraw



10
TO GIVE
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Chia Seeds

'Beauty comes from within', a common phrase we're all familiar with and one that Chia can truly back up; it's loaded with antioxidants, vitamins, minerals, fibre, amino acids, protein and Omega-3. We have 5 packets to give away to 5 lucky readers.

ENTER at veganlifemag.com/chiauk



5
TO GIVE
AWAY

GIVEAWAYS



10
TO GIVE
AWAY

Akamuti Rose Beauty Mask

We've got 10 amazing Akamuti Rose Beauty Masks to give away to our readers. A gorgeous, softening face mask to cleanse and freshen the

skin. Precious rose is a well-known skin elixir, promoting a healthy complexion and skin tone. We've teamed this fragrant rose powder with purifying, mineral rich rose clay and the softening qualities of marshmallow and chamomile for the ultimate skin treat. These 100g beauty masks retail at £7.95 each, and we've got one to give away to ten Vegan Life readers.

ENTER at veganlifemag.com/akamuti



Choc Shot

A delicious all natural liquid chocolate perfect for adding to almond, coconut and soya milk for silky smooth hot chocolates or frothy shakes. Über versatile for drizzling direct over fresh fruit, toast, yoghurt, pancakes, ice cream and replacing all sugar and cocoa in vegan recipes. Low GI (great choice for diabetics), only 14 calories per teaspoon, GM, gluten and dairy free, and kids love the taste too!

5
TO GIVE
AWAY

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OM Yoga Show tickets

Ten lucky readers can win weekend tickets for the OM Yoga Show in London! Taking place at Alexandra Palace between 23rd and 25th October, is a unique weekend, providing visitors with the chance to fully immerse themselves in a yogic paradise for three days. Hundreds of free classes across the weekend with leading teachers mean it's a great chance to try something new, or revisit an old favourite. A showcase of exhibitors, workshops, stage performances, as well as free entry in the Mind Body Soul Experience – it's a weekend not to be missed!

We're giving away pairs of weekend tickets to ten winners, who can come along for the whole weekend, and bring a friend. To find out more about the show, and download a free show guide, visit omyogashow.com

ENTER at veganlifemag.com/omyogashow



10
TO GIVE
AWAY



TOP ENDINGS

Veg you can regrow at home

If you're a regular reader of this magazine, chances are you eat a lot of veg – and good for you, it's wonderful stuff! But you might sometimes look down at your vegetable remains and think “seems a shame to throw that away” and “I wish I had some more”. Well you might be surprised to learn that there're all sorts of edible plants and vegetables that you can easily regrow at home using little more than the remains.

You might not be able to grow an infinite supply of turnips from the same few dead ends, but you can at least get a little more mileage out of your vegetables with a bit of know-how and good old H₂O. It's amazing what you can achieve in even the smallest of spaces; all you

need is a windowsill with enough room for a few jars and pots, and you can regrow an impressive selection of plants. Here's our list of fantastic foods that you can regrow at home.



Garlic

Left to its own devices garlic will begin to sprout after a while. Separate the bulb into individual cloves and place them in a glass or a small dish with a little water. You should eventually see green sprouts growing out the top of each clove – the sprouts should be light green at the base and darker towards the tip. These sprouts

will have that garlic flavour, but they're much milder so they can be used fresh as a great garnish, or added to salads, pasta, sandwiches, and any other dish where you want that distinct garlic hum without the huge hit that you get from the cloves themselves.



Basil

Basil is a terrific fresh herb. It's an absolute must-have if you're making pasta or pizza, and you can't beat making your own pesto with a huge handful of the vibrant green leaves, some good olive oil, and some pine nuts. Lots of us buy potted basil from supermarkets, but did you know that you can take cuttings and regrow an army of little basil plants?

Take clippings from your basil plant, making sure you have at least three inches of stem. Place these in a narrow-mouthed glass or small vase so that the basil leaves will keep the stems from sinking. Put your glass or vase in direct sunlight and wait until you have visible roots about two inches in length. Once the roots are big enough, you can re-plant each stem in its own pot of soil, and with enough care and the right conditions each of these stems should become another large and healthy basil plant.



Carrots

Don't discard your carrot tops, you can keep them and grow gorgeous little carrot leaves that are perfect for salads. Keep about the last half inch of your carrot ends and place them open side down into a shallow dish. Add water until the carrot ends are about halfway submerged and place the dish on a windowsill or somewhere bright where they'll get a decent amount of natural light. It shouldn't take long for little green

carrot tops to appear, and these mild, slightly sweet, distinctly flavoured little leaves can be a great addition to all sorts of salads.



Spring Onions

Spring onions, or scallions in the US, are probably the easiest plant to regrow. Make sure you leave about an inch at the pale end of each onion. Place these in a glass of water, making sure they're covered and the roots are facing down. You'll need to change the water every two or three days, but this takes mere seconds. After a week or two, you should

have a whole new set of spring onions to use. You need to make sure there's some root left on the original spring onions you want to regrow from – if they've been overly 'tidied' and there's no visible root then it won't work. If you want larger onions, just transfer from the glass to a little pot of compost after a week or so and remember to keep watered.



Romaine Lettuce

These leaves are the star of many a salad, and the great thing about them is that they're really easy to regrow. Make sure you save the bottom stump of your romaine lettuce – cut the leaves off in a chunk so that you have the whole dead end remaining. Keep the end in an old jam jar or a mug, submerging the remainder of the romaine in half an inch of water. Keep them somewhere cool and light, and if you can go a little further and plant the ends in soil then the regrowth will be even better.



Lemongrass

Lemongrass is an incredibly fragrant ingredient, and we can't imagine making a Thai curry paste without it. The ends of lemon grass are incredibly hard – often too tough to use in cooking – but you can regrow new tender stems from these tough little ends. Place your ends upright in a tall glass or vase, and fill with water so that the lemongrass is almost completely submerged. You'll need to leave them like this for two to three weeks, making sure to change the water every couple of days. When you see roots develop you should transfer to soil and plant them securely – you can do this outdoors if you're sure of reliably warm weather, but it's best to keep them indoors and allow them to get good sunlight.

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LEATHER OR NOT

Should vegans wear second hand leather?



This issue we're looking at the arguments for and against second hand leather – should vegans wear it? It's not technically a vegan material, but if it's acquired in a way that creates no demand or market for that material then is there really an ethical argument against second hand leather? The YES's and NO's are presented here so that all angles can be considered, we're not advocating for one or the other, just trying to bring you both sides of the argument.

YES

Saying vegans can't wear second hand leather because 'vegans don't use animal products' is simply arguing from definition. It doesn't take into account the reality of the world we live in, and it doesn't acknowledge the reasons for being vegan. If someone is vegan because they don't wish to support or be a part of animal cruelty, and we accept that no actual animal cruelty takes place because of someone wearing second hand leather, then where is the problem?

Plenty of people may find, inherit, or otherwise come by a leather garment without any transaction having taken place. Only 'first hand' purchases create the demand for more leather – there shouldn't be any ethical quandary around second hand leather because it doesn't contribute to that demand.

Even purchasing something second hand doesn't feed the demand for more of that product or material, therefore buying second hand leather does not directly contribute to the death of more animals. Purchasing second hand leather takes place outside of the chain of supply and demand. A charity shop, car boot sale, jumble sale etc doesn't order more of the same item from a distributor once you've made your purchase. It only works that way when you buy brand new. Buying brand new leather creates a demand that second hand leather simply does not.

It's always better to buy second hand where possible, no matter what the item. The material costs and footprint of creating and shipping a new product make second hand purchases the clear ethical choice. You might not like to wear leather because you're uncomfortable with the idea of wearing something that's come from a dead animal, but that's a matter of what you feel comfortable with – it's not a reason for other vegans to not wear or use second hand leather.

NO

Leather is an animal product. By definition, vegans do not use any animal products – wearing leather, second hand or not, is not technically vegan.

Wearing leather perpetuates the idea that it's desirable or acceptable to use animals for clothing, no matter where or how you got it. If you wear leather, you effectively become a walking advert for items made from that material. Yours might be second hand, but others may be influenced to buy brand new leather garments because they admired yours.

Vegans wearing leather will confuse others about what veganism stands for. It's enough of a struggle to get most people to understand what veganism is about as it is, if vegans go around wearing leather then it just makes our cause harder to understand.

There're plenty of great items of clothing and accessories made from synthetic or natural non-animal materials these days; even if you're buying second-hand you should be able to find a truly vegan version of what you want. Leather is the skin of a dead animal. How could anyone feel comfortable wearing that knowing where it came from and the cruelty those animals had to endure?

When you buy second hand leather you risk removing the option for a non-vegan to buy that item. A non-vegan may purchase a new leather item if there are fewer second hand ones available to them. This could indirectly contribute to the demand for more new leather to be made, and ultimately more animals to suffer.

If you find or inherit a leather garment, you can give it to a charity shop – this is an ethical and vegan choice. You no longer own an animal product, and you've made a positive contribution to a worthy cause.

What do you think?

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STANDING UP FOR PUPS

Celebrity Vet Marc Abraham explains why his PupAid event is going vegan



Photography by Bill Waters

Emily Yates speaks to celebrity vet Marc Abraham on the eve of the announcement that his canine welfare event ‘PupAid’ will go vegan for the first time in its seven year history.

For an animal welfare lobbyist who makes his own rules, you can’t find a more colourful personality than Marc Abraham. TV presenter, author and 2014’s ‘Vet of the Year’, Marc was responsible for one of the UK animal welfare movement’s biggest game-changers last year when he succeeded – through sheer persistence – in getting a three hour debate on puppy farming into the main chamber of the House of Commons.

2012 was the year when Marc’s dog show ‘PupAid’ hit the big-time, moving from Brighton to London’s Primrose Hill – the ideal location for its celebrity attendees, and a major coup for the visibility of his campaign against cruel puppy farming. The ‘PupAid’ campaign has since gained over 100,000 signatures on a government e-petition, winning a three-hour House of Commons debate on puppy farming last year (the cruel battery farming of dogs to sell in garden centres, pet shops and online). Through seven years of PupAid, he has built a community – mobilising celebrities, politicians and hundreds of thousands of the general public to support his parliamentary lobbying.

Marc cites the ‘people power’ behind the lobbying campaign as the main reason he was able to push hard enough to get the puppy farming debate into the Commons last year. With his announcement that PupAid is now going vegan for its human visitors, I am interested to

learn more about his vision for an integrated animal welfare campaign. I met Marc in Brighton to ask him the reasons behind his decision:

“Last year, I attended an animal welfare event where they served lamb at dinner, and it just didn’t feel right. Since that moment, I have felt that veganism deserves a central place in the conversation. A few months later I attended my first ever ‘VegFest’ here in Brighton, and was overwhelmed by the community spirit as much as the delicious food – an experience that totally swung me.

It’s a moral necessity for animal welfare campaigns to keep the issue of ‘selective compassion’ in the frame, and this is also the way that the cause of veganism can gain momentum. PupAid’s vegan supporters are really passionate individuals who’ve shown amazing dedication to multiple animal welfare campaigns – it’s only right that these campaigns should support vegan interests in return. There’s so much positivity in the vegan/vegetarian community, and plenty of room for coalition – everyone needs to raise their voice if we are going to affect the tide of change.”

Things hit a new level last year when your advocacy brought the issue of cruel puppy farming into the mainstream. You’ve mobilised celebrity patrons, animal welfare campaigners and hundreds of thousands of the general public. Can you give us an insight into your campaign strategy?

“I sometimes joke that PupAid’s strategy is a kind of ‘pyramid selling’. It’s all interconnected – that’s why I’ve focused on popular media and

celebrities just as much as parliamentary lobbying. Celebrities can create waves of public opinion, and ‘people power’ can greatly affect legislative action and real change; allowing us to pressure trade bodies and corporations to end their association with cruel animal practices.

If you want to create ‘people power’, you need passion and creativity. Be daring and make up your own rules – especially on social media – that’s the fun of it! You can never entirely predict which idea will change the course of events – it’s all a work in progress really; a living, breathing campaign that’s evolving in every moment.

One major influence on getting puppy farming debated in Parliament was the unconventional way I approached Andrew Neil of BBC’s Daily Politics – I wrote a letter to his dog, Molly, a golden retriever who makes occasional guest appearances on the show. I asked Molly if her guardian was aware of the suffering of her fellow dogs in puppy farms across the UK, and the UK government’s utter hypocrisy in claiming to deal with it effectively. The very next day I received a call from the Daily Politics asking me to appear on the show!”

I’m inspired by the impact you have had in so many different spheres of influence and I’m wondering how much of it is due to social media – is this the glue holding all the interconnected groups together?

“I’m a great believer in the power of social media – it’s one of the most effective ways of staying ‘interconnected’ in this day and age. PupAid’s 60,000 Twitter followers are an extremely passionate, close-knit community and I’m very active in that space. Twitter works within the news cycle – it’s the sphere of influencers and a great place to make contact with supporters, celebrities and politicians alike. Facebook has a different kind of function – posts live longer there and often gain greater emotional impact. PupAid’s government e-petition posts got enough longevity on Facebook to help gain over 100,000 signatures, the minimum required to win a debate in Parliament.

“I’d love to have the vegan community become more involved in PupAid.”

When you have these sorts of numbers behind you, you can really start to achieve something. One person’s voice means little, but a mass protest campaign can mean harmful publicity – which we can use to pressure industry to end cruel animal practices. Social media power also gives public figures and politicians an incentive to get on board, knowing they’ll benefit from the praise they’ll get from supporting us. My strategy in social media is to use both ‘the carrot’ and ‘the stick’ to let people know that our animal-loving community is growing – and we are here to stay.”

Your campaign has attracted a number of high profile supporters – Ricky Gervais, Brian May and Elle MacPherson, to name a few. Which vegan personality has impressed you the most?

“I would have to say Meg Mathews. She’s an amazing patron for PupAid and always attends our annual ‘fun dog show’ in Primrose Hill. Meg has incredible commitment to animal welfare and pure passion for the cause – the things I admire most in a person. Anais Gallagher, Meg’s daughter, is following closely in her mother’s footsteps – definitely one to watch for the future. The world needs more people like them!

How can vegans contribute to the campaign against puppy farming?

“Firstly, get involved in social media and participate in our campaign. This can be as simple as following @pupaid on Twitter, tweeting about campaigns, signing petitions or writing to your MP. The network is everything – get out there whenever you can to join discussions and events, and empower the alliances you make on social media. Through this strategy we can throw our weight behind campaigns and influence real change, one target at a time.



Photography by Julia Claxton

And, of course – come and join the fun at PupAid on September 5th! It’s going to be another really high profile event this year and we need to make that influence count by promoting its ‘first year of veganism’ alongside our usual message of responsible dog ownership.”

Do you see PupAid’s ‘first year of veganism’ as an opportunity to strengthen the vegan voice within the animal welfare movement?

“Of course! I’d love to have the vegan community become more involved in PupAid – it’s the perfect opportunity to open up the whole spectrum of animal welfare and keep the issue of ‘selective compassion’ in the frame. And – speaking personally – I want lots of passionate vegan activists around me to spread the message of animal welfare for all animals! In animal welfare, every campaign is important. Public opinion is like a wave – apply enough pressure in enough areas, and we can make it go in a certain direction. We have to open up the whole spectrum of animal welfare and know that all its interactions are useful – everyone has something to bring to the table, so why would we choose to limit ourselves? I’d like to see all animal welfare campaigns equipped with the best knowledge and strategy, so they can ‘go forth and multiply!’”

As far as Marc’s preferences for passion and persistence go, it’s clear that he has these qualities in abundance. His determination is clear in the way he lives and breathes his campaigning work – in the space of just two hours at his regular hang out spot, I watch him greet the comedian Seann Walsh and Brighton’s heroine, Green MP Caroline Lucas, who agrees to catch up with him in Parliament later that week. I leave the interview with the feeling that there is very little barrier between his personal beliefs and public persona.

Marc’s campaign picks up many interesting threads, connecting the big players in animal welfare with grass roots campaigns, rescue dog charities and public figures across the spectrum. It seems fitting that PupAid has succeeded so well in balancing the world of celebrity with the fun and eclecticism of Brighton’s animal welfare scene – I’m looking forward to seeing him pull it off again in 2015.

For more information please visit pupaid.org. Emily Yates is a writer and yoga therapist. Her website is emilyyateslondon.com

MIRIAM'S MUNCHIES

Two terrific sweet vegan bakes

Date and Nut Oat Bars *Makes 20*

- 170g (1 cup) Medjool dates or pre soaked dates
 - 160g (2 cups) oats
 - 120g (1 cup) ground almonds
 - 85g (¾ cup) broken banana chips (not dried banana)
 - 75g (½ cup) raisins
 - Handful of mixed seeds (eg sunflower, sesame, pumpkin, linseed)
 - 1 tsp grated nutmeg
 - 175ml (¾ cup) coconut oil
 - 115ml (½ cup) brown rice syrup or barley malt extract (refined golden syrup also works as an alternative)
1. Preheat the oven to 170°C/150°C fan (340°F). Line a tin approximately 18x30 cm no bigger with parchment paper
 2. In a saucepan gently melt the coconut oil with the syrup for around 5 minutes, until melted.
 3. Chop the dates and combine with the remaining dry ingredients in a large bowl. Mix well, then stir in the melted syrup and coconut oil, until its all well combined.
 4. Spoon into the prepared tin and press down firmly with the back of the spoon.
 5. Bake for 35 minutes, until lightly golden.
 6. Remove from the oven and allow to rest for 10 minutes before refrigerating them. Resist cutting until they have chilled. Otherwise you will be left with frustratingly messy affair!



Recipe and image from *Miriam's Munchies*
miriamsmunchies.co.uk
Photography by Victoria Baptiste



Orange Gingerbread Slice

- 175g (6oz) plain flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 3 tsp ground ginger
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 100ml (½ cup) soya milk
- 1 tsp cider vinegar
- 120ml (½ cup) sunflower oil
- 110g (4oz) treacle
- 175g (6oz) golden syrup
- Finely grated zest of an orange
- 40g (1 ½oz) finely chopped crystallized ginger

To decorate

- Juice of half an orange
- 100g (3 ½oz) icing sugar

1. Preheat oven to 180°C/170°C fan. Line a baking tin 18x27cm with parchment paper.
2. Combine the soya milk and vinegar in a bowl, and leave to curdle whilst you measure out the rest of the ingredients.
3. Sift the flour, baking soda, ginger, cinnamon and nutmeg into a separate bowl, and mix.
4. Whisk the oil, treacle, syrup, soya milk, and zest into the soya milk.
5. Add the flour mixture to the wet ingredients and mix just until smooth.
6. Fold in the chopped crystallized ginger.
7. Bake for approximately 30 minutes, until a knife or toothpick inserted into the centre comes out clean. Transfer to a cooling rack and let cool completely before decorating.
8. Whilst the gingerbread is cooling, squeeze the orange juice into a small bowl. Then gradually mix in the icing sugar until you reach the consistency of honey (the amount of icing sugar will vary according to the juiciness of the orange!)
9. Once the gingerbread has cooled, drizzle the orange glaze over the gingerbread, or spread with a palette knife.
10. Allow to set for at least one hour before cutting and serving the gingerbread.
11. The gingerbread can be wrapped in foil, or kept in an airtight container for up to a week.

Recipe and image from *Miriam's Munchies* miriamsmunchies.co.uk Photography by *Victoria Baptiste*

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HOW TO VEGANISE: BUTTER

A guide to replacing butter in your cooking and baking

This issue we're looking at butter – another one of those staple ingredients that's so ubiquitous that, for some people, it can seem like transitioning to a vegan diet means saying goodbye to almost everything you eat. Well this handy little guide should prove to you that there's a whole load of vegan solutions and tricks when it comes to replacing butter in your cooking, baking, and casual munching. Remember that butter is essentially just a fat, and there are many excellent plant sources of that – and they're usually much better for you than animal fats. Let's take a look at some of the best ways to replace butter...



Oils: sunflower, olive, vegetable... the list goes on!

Often you can simply replace butter with your favourite oil, or the one best-suited to the particular task. When shallow frying, use oil with a high smoke point like sunflower, or toasted sesame oil which adds great flavour to Asian dishes. It's best to avoid extra virgin olive oil for frying unless you're cooking at a low temperature, but regular olive oil is great for gently cooking up some garlic and other base ingredients on a low heat when making a pasta sauce for example.

Coconut oil

Unlike the oils mentioned above, coconut oil is solid at room temperature and has a texture much closer to butter than other cooking oils. This means it's great for replacing butter in most of your baking. A generally good rule of thumb is to replace the desired amount of butter with three quarters that amount of coconut oil mixed with a quarter that amount of cold or tepid water. Make sure to mix the water and coconut oil together thoroughly before you add to the rest of your mix; don't simply throw in water and coconut oil separate from one another.



Nut butters, tahini, vegetable patés, and homous

All of these things have way more flavour than butter, and they're generally not suitable for replacing the butter in your baking. However, when it comes to making a humble sandwich or jacket potato, opting for one of these magnificent kitchen staples instead of butter can add incredible flavour. It's a particularly British thing to have slices of bread and butter with your meal, and while that's still totally possible on a vegan diet (as we point out below), you can't beat a slice of bread slathered with homous or a creamy mushroom paté for a more flavourful addition to a meal.

Vegan 'butter' or spread

Following on from our point last issue that we need to get over the idea that cheese is only real when it's been made from the milk of an animal, we'd also like to state that 'butter' – while often defined as an explicitly dairy-based food – is merely the word for a pale yellow fatty substance that we put on bread. So let's not allow people to be so precious about terminology and let's talk about all those wonderful vegan butters that are widely available – from vegan certified brands to cheap supermarket margarine. There are so many different spreads you can easily get hold of in health food shops, dedicated vegan stores, supermarkets, and even online. Some brands are labelled vegan, and when it comes to supermarket own labels you usually just have to do a little bit of ingredients scanning. Some vegetable spreads like olive oil based ones can still contain dairy, so just make sure to check the allergy advice and ingredients list. As with plant milks and vegan cheeses, the abundance of different spreads means there's something to suit all tastes, and the range of different flavours and textures allows you to choose a vegan butter according to the job you need to do – whether that be making pastry, icing a cake, or simply spreading on a thick slice of freshly baked bread.



SPUDS YOU LIKE

Give your potatoes the premier treatment

Potato Dauphinois *Serves 4*

- 4 medium potatoes –peeled and thinly sliced – choose good baking varieties like Rooster, King Edward or Maris Piper
- 2 cloves of garlic - skin on, cut in half
- Koko Dairy Free milk - enough to cover potatoes in baking dish approx 600mls (1 pint)
- 1 tbsp of Koko Dairy Free margarine spread
- 1 tsp dried thyme (optional)
- Sea salt and freshly ground black pepper

1. Turn on the oven to 325°F, 160°C, Gas 3 and oil a deep cooking dish about 20 x 20 cm (8 inches square)
2. Lay the sliced potatoes in overlapping layers into the prepared dish. Pour in just enough Koko Dairy Free milk to cover the slices, then pop in the garlic to infuse flavour and sprinkle with thyme (if liked)
3. Dot with Koko Dairy Free spread.
4. Loosely cover with foil and bake in the middle of the oven for 35 to 40 minutes.
5. When baked remove the foil, season if required to taste with a little fine sea salt and ground black pepper if liked.

Recipe from kokodairyfree.com



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ETHICAL HISTORY MUSEUM

Vegan Life meets Natalie Hough



Natalie Hough makes charming animal-inspired objects out of reclaimed wood, and sells them under the name The Ethical History Museum. A committed vegan, Natalie has been donating 15% of the money from her sales to the Riverside Animal Centre in East London. We spoke to Natalie about how she creates, what a typical working day is like, and her transition to veganism.

You run an online store on Etsy called ‘Ethical History Museum’ where you sell a selection of your work – where did the name come from?

As I’m sure you can guess there is a connection with natural history museums. Their intention, as far as I can tell, is to educate and bring the natural world to those who have little access to it, but the Ethical History Museum represents a time of change. There was a time when killing an animal for display, for human knowledge and gain, was considered acceptable. We aren’t there anymore. We have the consciousness to create a better history, where ‘otherness’ isn’t to be viewed in a glass box, but respected and treated with humanity. I want to wear animals without causing them harm; as a brooch or a necklace, not as a fur. I want to live in a world where I am proud of our collective history, where things are not done because they have always been done, because of ‘tradition’, but because they are the right thing to do.

“I base the characters of the animals on their natural behaviour in the wild.”

Can you tell us a bit about what you make and sell through your store?

Primarily, I make ‘Spirit Animals’. These are either brooches or necklaces, hand-painted in great detail, and each animal represents a certain personality and comes with a description of the animal character. I base the characters of the animals on their natural behaviour in the wild, and also, in some cases, on Native American beliefs about those Spirit Animals. I also make other, more traditional jewellery from reclaimed wood, and hope to sell prints and other paper goods in the future, though I am taking time to think about how I can do this within the realm of the EHM ethics. The Pigeon Spirit Animal is the overall favourite as far as both the Etsy community and people at markets I’ve done are concerned, especially Londoners. People seem to feel about pigeons as they feel about Marmite, loving them desperately or despising them with the passion of a thousand suns! I love pigeons for their determined defiance of ‘the man’. They have this devil-may-care attitude that is so admirable, and are very beautiful creatures if you take a moment to really look at them. I was in Soho Square in London the other day and a pigeon kept flying right up to my face, hovering there, looking me in the eye, before retreating and then repeating the same action. Pigeons. Brilliant.

How many custom pieces have you done, and do you like doing custom pieces just as much as the ones you have total free reign over?

I love custom pieces. I think I’ve sold only a couple through Etsy, but have obviously made a few for friends. I love making ‘couple sets’ of Spirit Animals. It’s great to ask people to say what animal best represents their partner or friend. It can lead to some interesting conversations, and sometimes there is no tangible reason for why someone sees a loved one as an aardvark. There is just something

aardvark about them. Is it their nose? Are they particularly in touch with the earth? It is wonderful to allow people that autonomy when it comes to a gift or a personal keepsake, and it gives me the opportunity to make new work. I also love to open up that line of thought that draws us together with animals. There are so many similarities and we spend so much time holding them at arm’s length. The more we think about animals as our cousins with rich personal lives like ours, the closer we get to a world we can really share peacefully and fairly with them.

Obviously your work is very animal-focussed, and much of it British wildlife in particular. What draws you to these things?

It feels like I have just always drawn and painted animals. When I was young I was taught to draw a horse by my mum, because my twin sister and I were horse-mad and loved films like Black Beauty and were obsessed with The Last Unicorn, a beautiful musical film produced by the company that became Studio Ghibli, and based on a book written by Peter S. Beagle. We grew up in Saudi Arabia, where there were Hoopoe birds, sparrows, and of course pigeons, to name a few; but in comparison visits back to the UK were lush, green and refreshing. My dad absolutely loved British birds and had books and binoculars, and our grandfather would take my sister, my brother and me on walks to see the ponies in nearby fields during our long summer holidays. Adventures on bikes in the desert were wonderful, but now, at 31, my home is the UK, and I suppose I paint them to celebrate them; our neighbours of the hedgerows, parks and floorboards.



Do you think the focus of your art is an inevitable consequence of being vegan, or are the two not really related as far as you see it?

I think my hands were vegan before my mind got there! I go a bit crazy when I don’t use my hands for creative purposes for any long stretch of time, and what I create is animals and has been for as long as I can remember. I think my work has grown and improved since I became vegan. Almost like some sort of barrier came down, and my hands and my mind were finally united. Either that or all the flaxseed I started eating loosened up my finger joints! >





"I want to live in a world where I am proud of our collective history, where things are not done because they have always been done, because of 'tradition', but because they are the right thing to do."

You make everything from reclaimed wood – why do you choose to use only reclaimed wood, and how do you go about getting it?

Reclaimed wood is beautiful, has a history and a life of its own. My work is all about life. A good life is one where we step lightly, and as someone who hasn't always done so, I can speak for both sides. As an artist, I am driven to create, which means I need materials. If I can get materials that are already here, used, unwanted, then this is a way for me to bring things into the world without making a negative impact. I also think it adds a beautiful, personal touch to each of my pieces, and the owner of the Spirit Animal or other piece of jewellery can know they haven't contributed to the deaths of any trees! I get the wood from all over: I met a very nice reclaimed furniture maker who had a lot of old drawers he didn't want; a friend of mine donated offcuts from a job he was working on; freecycle and antique shops can be a good source too.

What's a typical day in the Ethical History Museum workspace like?

Phew, not sure if there is a 'typical' day. I work as a teacher in the mornings so a day in the workspace will usually begin around 2pm. If I have orders to work on, it will consist of working on those: cutting, hand-painting and varnishing various animals. If it's a day when animals and earrings are ready to ship, I'll carefully hand-wrap them with some beautiful paper and ribbon, parcel them up and put them to the side for sending the next day. If things are quiet, I will work on a watercolour painting, which may be for a new Spirit Animal design or for a future artwork print, which is something I would like to introduce into my shop.

When did you go vegan, and what were your reasons for doing so?

I found vegetarianism on a plane home from a stint in Korea, thanks to Mr Saffron Foer and his glorious Eating Animals book. I left Asia a meat eater, and landed in London an herbivore. After that, I met a wonderful person called Kallie, who gently and slowly made me realise that vegans weren't extremists and that, for me, vegetarianism wasn't enough. Once I had listened to a few podcasts by Colleen Patrick-Goudreau and sobbed my way over three days through Earthlings, there was really no going back. That was over two years ago now and I've had such support and love and feel very lucky to live in a community where it's so easy to go against the grain.



GET YOUR SELENIUM

Joe Jackson on the often forgotten micronutrient

When considering nutrients in the diet, the mind jumps directly to proteins, fats and carbohydrates (or what us nutritional therapists call them; macronutrients). The term “macronutrient” simply means that they are required in large amounts in our diet in order for them to successfully perform the countless roles in our body that they are responsible for, including growth and repair, energy production, hormone regulation and immune support. Equally as important are the “micronutrients” in our diet, which include vitamins and minerals. Although they are not required in such vast quantities as macronutrients (hence the term “micro”), they are vital to our health. The trace mineral selenium falls into this category, with many believing that those opting for a plant-based diet don’t get enough. Is this just another myth? Let’s look at the facts...

Currently, the British Nutrition Foundation states that recommended (or reference) nutrient intake of selenium per day is 75mcg in men, and 60mcg in women. Let’s put this in perspective: a microgram (mcg) is one millionth of the size of a gram, so we’re talking a seriously small amount of this stuff to keep us functioning effectively! Therefore, you

may be surprised to know that the most recent diet studies in the UK have shown that as a nation we are falling seriously short of that, with an average of just 39mcg per day.

Studies have shown that selenium levels in UK soil have dropped considerably over the last few decades, with some blaming the overuse of pesticides and fertilisers for this dramatic decline. This has ultimately had a knock-on effect on the levels of selenium found in home-grown fruit, vegetables and crops. It’s not just bad news for vegans and vegetarians; most of our livestock is fed on these crops, meaning additional selenium loss in animal-based produce also. Similarly, countries such as Finland experienced this in the mid 1980’s, and introduced new agricultural techniques to increase selenium concentration in the soil, eventually resulting in national averages of dietary intake of selenium tripling. Fingers crossed the UK will soon follow in these footsteps. On a more positive note, selenium is a highly bio-available nutrient, with up to around 80% of what we eat being absorbed, meaning our bodies truly are making the most of this micronutrient, once we manage to successfully source it.

So where to find selenium? Overall, animal-based products seem to contain the highest levels of selenium across the board, apart from one exception, nature's very own selenium powerhouse - the brazil nut. In fact it's so packed with selenium (254mcg per 100g serving, on average), that just a small handful (or 7-8 to be more precise) will provide you with your daily recommended nutrient intake for the average person. If you don't fancy chomping your way through a handful of brazil nuts every day, it is still quite easy to reach your selenium quota for the day by choosing grains, fruit and vegetables that naturally contain higher levels of selenium, such as chia seeds, brown rice, mung beans, soya beans and oats (see box for full nutritional values). As referred to before, the quality of the soil these foods are grown in may have an impact on selenium status, therefore my advice would be to try and source organic produce where possible, in order to reduce the likelihood of selenium depletion in the soil associated by some with chemical contamination. If, for whatever reason, you are not able to source organic fruit and vegetables, using selenium supplementation is now becoming more and more popular, with many vegan-friendly versions available in food-state versions (which boost the absorption rate considerably). A personal favourite I use with my clients is Viridian's Selenium 200mcg. A safe upper-limit for selenium supplementation is 400mcg per day.

Food	mcg of Selenium per 100g serving
Brazil Nuts	254
Brown Rice	10
Mung Beans	16
Soya Beans	14
Mushrooms	9
Raisins	8
Apricots	5
Celery	3
Oats	10
Chia	55

Please note, these are averages and all foods will vary depending on source.

Dry flaky skin? Hair loss? Whitening of nail beds? Muscle pain and discomfort? If you suffer with one or more of these ailments, it is possible you may not be consuming enough selenium in your diet. Even though this micronutrient is only needed in such small quantities, it is responsible for a plethora of roles in our bodies. Perhaps, most importantly it plays a vital role as a potent antioxidant. Our day to day lives can be very stressful, and as a result of this, amongst other factors such as over-exposure to pollution, chemicals and pesticides, substances called "free-radicals" can leak in to our body and start playing havoc with our health. It is the responsibility of these antioxidants to circle our bodies and remove these free-radicals from our system as quickly as possible, before they cause damage and ill-health. Selenium works in unison with Vitamin E to achieve this, and one of its responsibilities is to aid in the production and activity of a substance named "glutathione peroxidase", one of the most important detoxification and antioxidant compounds found in the human body. Seeing as the liver is one of the most important organs involved in the cleaning up and disposal of harmful substances from our system, you probably won't be surprised to hear that high levels of it are concentrated here, with some studies suggesting that it is key to preventing and perhaps even reversing conditions such as liver cirrhosis. A popular side effect of selenium's strong antioxidant activity is that it may contribute to slowing the ageing effect, by protecting the cells and their walls, an extra perk that a lot of my clients have absolutely no complaints about at all! Interestingly, low levels of selenium are often found in cataract sufferers, possibly suggesting that selenium may be the closest thing we have to the elixir of life (maybe!).

Selenium's strong anti-oxidant and anti-inflammatory properties could also be responsible for some of the nutrient's associated effects in regards to boosting the immune system. It has been suggested that it has a positive effect on the production of white blood cells, which circulate our entire body, looking to remove and eradicate viruses, bacteria and any other threats to our health.

Men, listen up. Selenium is a big player in the world of men's health, in particular sexual health. A recent trial supplemented selenium to 50% percent of its male participants, and by the end >

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of the time period, those that been supplementing the selenium were said to have far better sperm motility, with an increased chance of conception. If that hasn't got you interested in increasing the selenium levels in your diet, then how about science suggesting that men with a diet rich in selenium (meeting the recommended daily intake) had 65% fewer cases of advanced prostate cancer? When it comes to cancer, selenium doesn't discriminate. Across the board, statistics show that adequate levels of selenium in the body correlate with a lowered cancer risk of all types.

"Selenium is not one to be underestimated. It may be a micronutrient, but what our body does with it is amazing. There is virtually no body system that doesn't require it at one point or another."

One of the most important systems in the human body is the cardiovascular system. It's responsible for the transport of oxygen, nutrients, hormones and antibodies (amongst others) all around our body, and yes you guessed it, selenium is involved here too. It plays a part in reducing platelet aggregation (or in simple terms; sticky blood), which may help prevent conditions such as thrombosis, high blood pressure and aneurysms. Not only this, but it also helps maintain healthy cholesterol levels, which can help minimise the risk of cardiovascular related issues.

Selenium has been widely studied in regards to its contribution to thyroid health, with research suggesting that it aids in the production of thyroid hormone, and converting it into a form which is used to manage every cell in the human body. Additionally, selenium could play an important role in pregnancy and pre-natal care, with low levels of selenium being detected in babies with low birth weight.

Selenium is not one to be underestimated. It may be a micronutrient, meaning we only require it in small amounts, but what our body does with it is amazing. There is virtually no body system that doesn't require it at one point or another. The soil may be to blame for lower quantities in our food in this country, but this is not just restricted to those opting for a plant-based diet, so don't let anyone tell you otherwise. The chances are that you're reading this magazine because you have a vested interest in your own health, meaning you have the advantage of being far more pro-active about obtaining enough of the "little things" that do so much for us.

P.S: Don't tell the meat-eaters about the secret of the brazil nut! We'll keep that one to ourselves.

Joe Jackson, Nutritional Therapist BSc (Hons), mBANT, mCNHC
joejacksonnutrition.com



Recipe from *Joe Jackson* joejacksonnutrition.com

Raw Brazil and Coriander Pesto

You don't have to go to Brazil to get your brazil nut fix. This brazil nut pesto is the perfect way to pack selenium into your diet at home.

- Half a cup of brazil nuts
 - Quarter of a cup of pine nuts
 - 1 clove of garlic
 - 2 tbsp of water
 - Half a teaspoon of pink himalayan salt
 - 3 tbsp of safflower or olive oil
 - 3 cups of fresh coriander (cilantro)
 - Juice of half a lemon
1. Simply mix all of the ingredients in a blender until it has reached your desired consistency.
 2. Serve straight away on bread/crackers or mix through your favourite grain based dish.



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SELENIUM SUPPLEMENTS

Aimee Benbow's guide to choosing the right supplement



People may choose to take selenium supplements for a number of different reasons. Selenium possesses antioxidant properties and there is evidence to suggest that this mineral is important for heart health, protecting cells against oxidative stress and thyroid health.

Much of the selenium in the diet is obtained through nuts such as Brazil nuts and plant produce which takes the mineral from enriched soil. However, there are studies which suggest that soil quality is much poorer today than it has been historically and therefore we are consuming much lower levels of this essential mineral and therefore supplementation maybe required. However, taking very high doses of selenium may also be detrimental to health. Supplementing with levels above 750ug can increase the risk of developing selenium toxicity. High doses of selenium above 900ug can cause significant side effects including nausea, vomiting, nail changes, loss of energy and irritability. The Department of Health advise a safe maximum intake of 450ug daily for adults.

Selenium supplements may offer the mineral in a number of different formats. Sodium selenite and sodium selenate are inorganic, synthetic forms of selenium. These forms are poorly absorbed by the body. Selenium may also be available in supplement form bound or 'chelated' to amino acids. Selenomethionine, which is selenium chelated to the amino acid 'methionine' is an organic form of selenium that occurs naturally in foods and well recognised and absorbed by the body. Selenomethionine replaces methionine in plant proteins and thus is the major form of selenium for humans. Selenomethionine naturally occurs in yeast and is often derived from yeast through a fermentation process in order to produce selenium supplements.

It is important to be aware that some supplements on the market contain 'selenium yeast' which is actually yeast plus inorganic forms of selenium and not Selenomethionine. In other supplements, the form of selenium is stated but is ill-defined. Supplements containing 'selenium proteinates' or 'selenium amino acid chelates' fall into this category. In some supplemental preparations, both sodium selenite and vitamin C are present. In this format, elemental selenium may gradually form by the reaction of selenite with vitamin C, however this is not certain and considered a poor technique to supply this nutrient.

When choosing a selenium supplement the following points should be considered:

1. **Excipients:** Does the supplement contain any unnecessary synthetic fillers, binders or coating agents? Tablets are often made up of glue, binders and fillers and for hypo-allergic consumers this can be a big issue.
2. **Purity:** Make sure the supplement is free from unnecessary artificial flavourings, colourings, added salt, sugar, preservatives and additives.
3. **Dosage:** Most supplements on the market provide selenium at levels between 100ug and 200ug per recommended dose. Please seek advice from a healthcare professional before supplementing with levels higher than 200ug daily.
4. **Bio-availability:** Is the selenium in the supplement in an organic or inorganic format? Make sure the form of selenium is clearly defined on the label.
5. **Supportive nutrients:** Does the supplement contain any other health supporting nutrients? If taking selenium for thyroid health, supplementing with extra iodine will help to maintain the normal function of the thyroid gland.
6. **Packaging:** What is the supplement packaged in? As well as being inert therefore unable to react with the supplements, amber glass protects the supplements from direct sunlight and is 100% recyclable therefore better for the environment and better for you.
7. **Advice:** Where are you purchasing the supplement from? Staff at a local health food store will be able to offer advice about the most suitable selenium supplement, any contraindications, and give advice about any health concerns.

Aimee Benbow is the Technical Manager at Viridian Nutrition and graduated from the University of Surrey in 2008 with a degree in Nutrition and currently studying for a Masters in Nutritional Medicine. She has worked in both the supplement and food industries creating educational resources.



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FANTASTIC MR FOX

If you're against fox hunting, then be sure to tell the world, says
Tom Quinn of the League Against Cruel Sports



The UK government has re-ignited the debate about fox hunting, even though a new vote on this blood 'sport' has been pushed back indefinitely.

Pro-hunt supporters want the ban on hunting to be abolished. They claim that hunting is a form of wildlife management, and that the 'sport' is 'non-wounding'. That sounds acceptable, doesn't it?

But here's the reality...

The claim by hunts that their primary role is to control the fox population has been severely discredited. Bad enough was the recent shocking discovery by police of 16 live fox cubs being stored in a shed just a short stroll from kennels belonging to a notorious Yorkshire hunt. But this tell-tale find, combined with widespread evidence that hunts maintain artificial fox earths and feed the animals, shows that hunts go to great lengths to ensure they've always got a plentiful supply of foxes on hand to hunt.

"The fact is that the countryside is for the enjoyment of everyone, not just for the small minority who enjoy chasing wild animals to their death."

Far from humane

As for hunting being 'humane', foxes are ripped apart by hounds, often while still alive. 'Cub' hunting involves areas of woodland being surrounded by hunt members who prevent young foxes from escaping while the hounds are sent in – hunts call this 'autumn hunting' to make it sound more acceptable. Deer are chased to an exhausted standstill. And hares are forced to take part in the 'sport' of hare coursing, in which two dogs race to catch it, before ripping it apart, often in a gruesome tug of war.

Some try to claim that this kind of activity is somehow 'natural'. It is not.

When foxes are chased, they will bolt down holes to escape. As part of a fox hunt, the holes will be surrounded and terrier dogs sent down to trap and/or fight with the fox. This leads to horrific injuries and perhaps death for both animals. Even if you don't care about foxes, consider the suffering of man's best friend. The abuse of terriers in this way is a real hidden horror of hunting.

That's the reality, and that's why 8 out of 10 of people in this country want hunting to remain illegal. That includes 78% of people in rural areas, dispelling the myth that the only people who are anti-hunt are 'townies' who don't understand the ways of people who live in rural areas. The fact is that the countryside is for the enjoyment of everyone, not just for the small minority who enjoy chasing wild animals to their death.

A British tradition

For those who think 'hunting' should continue because it's a grand old British tradition – it can. Drag hunting, in which the hunt follows a false trail, involves all the elements of the sport, but without killing anything.





Quite apart from the cruel practice of keeping foxes captive just so that they can be hunted and killed, the whole wildlife management argument is flawed. If you want to stop foxes – in town or country – the best methods are humane deterrents and a good fence.

“Hunting with hounds is not pest control, nor ‘wildlife management’. It’s not a political or a class issue, nor a town-vs-country argument. It’s nothing but a cruel sport.”

Fact versus prejudice

It’s also worth pointing out that the reputation of foxes as ‘vermin’ is based on prejudice, not fact. The impact on the farming industry is nowhere near as negative as is made out. In fact, many farms benefit from the presence of foxes because they kill rabbits, which in turn do a lot of crop damage. Less than 1% of annual lamb losses can be directly attributed to foxes.

Arguments that the Hunting Act has failed, or hasn’t helped animal welfare, are nothing but bluff. There have been over 400 successful

prosecutions under the Act – and we’re not talking about simple poaching here. Many of those convicted include individuals who have been directly linked to organised fox and deer hunts and hare coursing. At the League Against Cruel Sports we believe the Act could be strengthened to stop people from jumping through loopholes, but basically it’s a vital and successful piece of legislation. And offences under the Hunting Act should be treated with the same importance as any other offences committed in the countryside.

Don’t leave it to chance

Hunting with hounds is not pest control, nor ‘wildlife management’. It’s not a political or a class issue, nor a town-vs-country argument. It’s nothing but a cruel sport that must be sent the same way as dog- and cock-fighting.

The anti-hunting public should not leave changes to legislation to chance.

If you’re against hunting, make sure your MP plans to act on the majority standpoint of his or her constituents rather than to any small but vocal groups of well-connected local hunt members. In a democratic, one-nation government, our parliamentary representatives should be reflecting the views of the many rather than the few and ensuring that hunting remains in the dustbin of history.

*By Tom Quinn, Director of Campaigns, League Against Cruel Sports
league.org.uk*

Fascinating fox facts

- The red fox is the world's most widely distributed wild carnivore.
- Less than 1% of lamb losses can be directly attributed to foxes.
- The average British fox is only slightly bigger than a pet cat.
- When a fox dies, another fox occupies the vacant territory in 3-4 days.
- By feeding on rabbits, rural foxes save British crop farmers around £7 million/year.
- Rural fox numbers have remained around 225,000 for 10 years.
- Breeding foxes often form a pair bond that lasts for life.
- Newborn fox cubs are blind, deaf and weigh only 100 grams. They depend on their mother for food and warmth.
- Young foxes often stay with their parents for a few years and help raise future cubs.
- Foxes use 28 different vocal calls to communicate with each other.
- Foxes don't waste food. If they find or kill more than they can eat they bury or hide (cache) it to eat later.
- Foxes belong to the dog family (Canidae) and use similar facial expressions and body postures, like wagging their tail when they greet family members.

foxcology.org.uk



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EAT PORTLAND

Annika Lundkvist dipped her toes in Portland's booming vegan scene

Portland, Oregon is a renowned mecca of vegan and vegan friendly restaurants, cafes, breweries and bakeries. During a recent move from Hawaii to Connecticut, I spent a transitional week staying in Vancouver, Washington, venturing into the green and very walkable city of Portland daily to experience various vegan eats.

One week does not do any justice in terms of covering the vegan food scene in Portland. This is, without a doubt, one of the most progressive cities in the USA (and perhaps the world) in terms of diversity and availability of vegan food and options. My dilemma each day was not wondering how far my pilgrimage would be for some tasty food but rather which of several options in close proximity I would choose.

I kicked the week's exploration off with a visit to Homegrown Smoker Vegan Barbecue's food truck at the Mississippi Marketplace, a convergence of several food trucks. This 100% vegan BBQ food truck has a passionate following. While waiting for my order, I milled around the truck to take some photos and a gal in line shared with me that they have one of the tastiest vegan mac 'n' cheeses in town. Naturally I had to order one of those to go, which I enjoyed later in the day with a cold glass of Vanilla Infused Porter by Eugene, Oregon based Hop Valley Brewing.

But back to that sunny afternoon waiting for the 'All American Burger' I ordered at Homegrown Smoker. I have had a lot of vegan burgers and can say without hesitation that this was among the best I have ever had. The 'All American' includes a smoked Field Roast patty with pickles, tomato and raw greens. It was juicy, tasty and crispy all in one bite and I was floored by how delicious it was. My dining companion had the 'Slosmomofu Sandwich' consisting of smoked soy curls on a grilled bun with Maple-Bourbon BBQ sauce and Chipotle slaw and it looked impressive to say the least.

The next day I found myself in the NW Pearl district after a requisite visit to Powell's bookstore. I used Google maps to find the closest vegan restaurant. Just a few blocks away was Prasad, a cafe with a bright vibe, connected to a yoga studio. I asked the server at the counter what he recommended and he mentioned that the 'Urban Bowl' is among the well-known and 'typically Prasad' dishes. The bowl was a nutritious and delectable heaping blend of mixed greens, olive oil, steamed kale, kimchi, sea vegetables, avocado, carrots, scallions, sesame and hemp seeds.

"I really enjoy eating tempeh but had never had tempeh this good."

Mid-week I opted for a mid-afternoon lunch at Harlow Restaurant in the Hawthorne district, once again a decision made after a long, exploratory walk in the city and the use of Google maps. It was not until later I realized that Harlow is the sister restaurant of Prasad. I walked into the buzzing interior, taking note of their steady stream of lunch customers, ordered at the counter and settled in at a table.

Like Prasad, Harlow has a very wide range of vegan dishes. I sipped on a cold glass of Upright Brewing #7 Lager while waiting for my food. When it arrived I dug in first to a Jalapeño cornbread and then had a taste of the smoked tempeh, which blew me away. I really enjoy eating tempeh but had never had tempeh this good. I had ordered a side of it after seeing it on someone's plate while I was in line. I noticed the gals seated next to me eyeing my plate and I offered them a taste of the tempeh which they accepted, immediately going to the counter to order a bowl of it for themselves. I then had Harlow's version of the 'Urban Bowl' which was a bountiful mix of mixed greens, steamed veggies, kimchi, avocado, carrots, scallions, olive oil and Za'atar with a lemon ginger dressing and avocado cilantro dressing. Having gotten chummy with the ladies seated next to me with my tempeh offering, I felt comfortable to ask to photograph their meal when it arrived – Harlow's colourful 'House Salad' of greens, beets, carrots, red cabbage, hemp seeds and sauce.

As I was staying in nearby Vancouver, Washington, I was not dining numerous times a day in Portland establishments or else I surely would have been at a different vegan friendly bakery every morning. Thursday morning however was the day for some sweet vegan treats as I met up with some old friends for coffee and breakfast delights at Sweetpea Baking Company on the famous vegan 'mini mall' block in SE Portland. This block includes Herbivore Clothing, Food Fight! Grocery and Scapegoat Tattoo.

It was a classic grey and rainy Portland morning and the best way to spend it was right in Sweetpea talking with friends and trying a number of their items including a savoury croissant, a fruit tart and meringue as well as a nibble of my friends cinnamon roll. My only regret is not returning later to order some food to go from their delicious looking lunch menu.

After that proper bakery moment it was time to enjoy one of Portland's many lovely parks and work up a new appetite for lunch at Paradox Cafe. Paradox is not a fully vegan establishment but is extremely vegan friendly and has a wonderfully cosy neighbourhood diner vibe. I was dining in mixed company of vegans and non-vegans but to my delight every person at the table ordered off the vegan menu, so I was happy to photograph every single dish. The Vegan Nachos we all shared as a starter was a hit and the meals that followed were hearty and good, to include a Vegan Meatloaf plate and various breakfast scrambles such as the Rogue River Hash.

Oregon is known for its rich microbrewery scene so on my last day in the Pacific Northwest I had a beer tasting of vegan friendly ales from microbreweries across Oregon. As I sipped the delicious brews, taking notes on their flavours while referencing Barnivore as well as the breweries various websites (Cascade Lakes 'Slippery Slope Ale' was a favourite from the tasting) I reflected on what a rich week of eating experiences it had been. And I had barely scratched the surface of what Portland has to offer vegans.

Words and photos by Annika Lundkvist: annikalundkvistphotography.com

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HERO IN A WARPED SHELL

Turtle cut free from 6-pack rings is thriving twenty years on

This is the story of Peanut, a little red-eared slider turtle whose life was changed forever when some thoughtless idiot failed to put their litter in a bin.

Back in the 1980's when she was young, Peanut the turtle managed to get herself caught in one of the rings on those six-pack can holders – the ones that most of us were repeatedly told to cut up and recycle when we were children.

“She was rescued and carefully cut free from her plastic prison.”

The ring stuck, and as Peanut grew it drastically affected the shape of her body, severely restricting it in the middle while either end of her carried on growing. The result was an hourglass shaped shell and body that hindered her ability to get around and made her vulnerable,

but Peanut carried on and eventually, in 1993, she was rescued and carefully cut free from her plastic prison.

Peanut will never fully recover, but twenty years later she is thriving, and she is helping to educate people about why it is never acceptable to litter. Unable to return to a normal life in the wild, she is cared for by conservation officials, and she has become something of a symbol and a veritable mascot for the state of Missouri's 'No More Trash' campaign. No More Trash is a litter prevention campaign and a partnership between the conservation and transportation departments and thousands of volunteers. Through prevention and clean-up programs, and – thanks to Peanut – education, No More Trash are working to protect Missouri's natural beauty.

Peanut and her story are a powerful lesson about the terrible effects that careless acts of littering can have on wildlife. To find out more about Peanut the turtle and the No More Trash campaign, visit: nomoretrash.org.



“There will be no justice as long as man will stand with a knife or with a gun and destroy those who are weaker than he is.”

~ Isaac Bashevis Singe

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